



HOLISTIC HEALING MENU

- ★ Level 4 Master Reiki Energy Healing
- ★ Intuitive Soul, Aura & Chakra Readings
- ★ 1-2-1 Guided Meditation & Journey Work

- ★ Distant Healing
- ★ Animal Healing
- ★ Space Clearing

- ★ Shamanic Healing
- ★ TFH Kinesiology
- ★ Meditation & Wellbeing Classes

ENERGY EXCHANGE FEE (1-2-1) (any modality)

STANDARD SESSIONS

30mins	Standard Rate	R400
45mins	SAVE R50	R550
60mins	SAVE R100	R700
75mins	SAVE R150	R850

HOLISTIC CONSULTATIONS

1.5hrs	SAVE R200	R1000
2hrs	SAVE R300	R1300
2.5hrs	SAVE R400	R1600
3hrs	SAVE R500	R1900

🌸 🌸 Intuitive Distant Reiki Sessions are the same 🌸 🌸



ALSO AVAILABLE

- 🎁 Gift Vouchers
- 🎁 Corporate Packages
- 🎁 Fully Insured

PACKAGES

21 Days of Healing...or more

4hrs	(SAVE R600)	R2600
6hrs	(SAVE R1050)	R3750
8hrs	(SAVE R1600)	R4800
10hrs	(SAVE R2450)	R5550
12hrs	(SAVE R3600)	R6000

NB: All packages are valid for a year. Pls enquire.



BY APPOINTMENT ONLY

SEA POINT

AVAILABILITY

TUES	10am – 9pm
WED	10am – 9pm
THUR	10am – 9pm
FRI	10am – 9pm
SAT	10am – 6pm
SUN	Overflow: Pls Enquire

HOLISTIC CONSULTATION

3HRS As below but with Add-Ons. Pls Enquire. 🌸 🌸

2.5HRS RECOMMENDED & Goes By Very Quickly

- Initial Consultation
- Heavy Grounding, Safely Opening Chakras using Earth Energy
- Chakra Scan & Balance; Past, Present, Blockages
- Aura Scan; Attachments, Cords, Holes, Tears
- Soul Reading; Current Spirit State & What it needs.
- Level 4 Reiki Energy Healing throughout session.
- Tibetan Singing Bowl (Full Moon Made) Sound Healing
- Detailed Feedback & Explanation
- Holistic Plan Recommendation Discussion (if needed)
- Intuitive Clairvoyant & Clairaudient guidance.
- Power Animal Totems sometimes come through for you.
- Crystals Healing used if requested (but not necessary).
- TFH Kinesiology is sometimes used to find answers using muscle testing.

2HRS As Above. Shorter Practice. Less Detailed Report

1.5HRS As Above. Much Shorter Grounding & Discussion. but with Verbal Chakra & Aura Report

FYI: Holistic Consultations can catalyst your healing journey & sometimes no more sessions are needed. As as issues are brought to your attention, you are able to heal from just the acknowledgment & acceptance! 😊

DISCOUNTS

- ★ 10% OFF for Elderly & Students (with valid ID)
- ★ 15% OFF for Loyalty Clients (who've had more than 10 x 60min sessions)
- ★ The discounts above are for 30, 45, 60, 75min bookings only

BOOK: info@myurbanretreat.co.za