



WELLNESS RETREAT & SPA

ST FRANCIS HEALTH CENTRE

HEALING THE HOLISTIC WAY

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Therapies and Treatments

Aromatherapy	65 mins	Ear Candles	20-30 mins
Full Body Massage	50 mins	Moor Facial	50 mins
Massage with Essential Oils	50 mins	Guinot Facial	50 mins
Cupping Massage	50 mins	Hydradermie Facial	80 mins
Reflexology	50 mins	Manicure or French Manicure	50 mins
Indian Head Massage	30 mins	Pedicure or French Pedicure	50 mins
Shiatsu Massage	50 mins	Body Brush	30 mins
Lymph Drainage Massage	75 mins	Ahava Dead Sea Salt Scrub	30 mins
Acudetox (ear acupuncture)	60 mins	Ahava Mud Pack with Body brush	60 mins
Steam Bath	10-20 mins	Ahava Mud Pack with Salt Scrub	60 mins
Herbal Jet Bath	15 mins	Ahava Dead Sea Salt Bath	15 mins
Moor Jet Bath	15 mins	K2 Seaweed Body wrap	50 mins
Passive Toner	30 mins	Moor Pack	30 mins
Longwave Therapy	30 mins	Speed-o-Slim Full Body	90 mins
Magnetic Field & Colour Therapy ..	30 mins	Speed-o-Slim Legs and Hips	60 mins
Infrared Therapy	10-20 mins	Waxing:	
RIFE Energy Healing	60 mins	Bikini	15 mins
Bioptron Light	30-60 mins	1/2 Leg	30 mins
Iridology	60 mins	Full Leg & Bikini	60 mins
Sclerology	60 mins	Arm	30 mins
Guided Meditation	30 mins	Under Arm	15 mins
Emotional Freedom Technique	60 mins	Lip/Face/Brow per area	15 mins
Hypnotherapy	60 mins	Chest or Back	30 mins
Counselling	60 mins	Tints:	
Reiki	90 mins	Eyebrow	15 mins
Ozone Therapy.....	15-30 mins	Eyelash & Brow	30 mins



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St Francis Health Centre Therapies and Treatments explained

MASSAGE THERAPY

At the St Francis Health Centre we offer a range of massages, including a gentle **full body massage** with or without essential oils. The **cupping massage** making use of silicone cups with a vacuum inside causes the skin to rise and thus expanding the blood vessels. The cups are slowly moved across the skin for a massage-like effect. Cupping helps with pain relief, inflammation, blood flow, relaxation, and general well-being. The **Indian head massage**, also known as champissage, is a treatment that focuses on massaging acupressure points along the head, neck, and shoulders often using circular massage strokes. The massage promotes the supply of oxygen to the brain which is one of the best ways of reducing stress and tension, and for improving one's mood. It also relieves headaches and migraines, stimulates lymphatic drainage, improves hair and scalp condition, and enhances hair growth. The **lymph drainage massage** targets the lymphatic system just under your skin. It is gentle massage that encourages the drainage of lymph nodes and the movement of lymph fluids around the body. This massage eases tension in the body, helps break down cellulite and fat cells, and relieves swelling that happens when medical treatment or illness blocks your lymphatic system. The **shiatsu massage** utilizes the hands, thumbs, and other body parts, to apply direct pressure on various points or channels in the body. It is performed through loose clothing and does not use oils. This massage improves circulation, reduces back and/or other chronic pain, assists in reducing stress, tension and anxiety, and improves general well-being.

AROMATHERAPY

Aromatherapy incorporates selected scented essential oils into a massage, which enhance physical and emotional health. When inhaled, the scent molecules in the essential oils travel from the olfactory nerves directly to the brain and especially impact the amygdala, its emotional centre. This therapy helps to restore imbalance in the body and to manage pain, ease digestion and boost relaxation.

REFLEXOLOGY

Reflexology is a relaxing treatment whereby pressure is applied to specific reflex points on the feet. These points correspond to organs and areas of the body. With repeated pressure and manipulation of nerve endings, reflexology can help cleanse the body of toxins, increase circulation, boost the immune system and ultimately improve overall health and balance.

ACUDETTOX

Acudetox is a five-point acupuncture protocol where needles are gently placed in the ear at specific points. This process helps balance the body's energy and assists healing processes. It is known to be beneficial for post-acute withdrawal symptoms, anxiety, depression, insomnia, body aches and to reduce substance cravings and dependency.

AQUA AEROBICS

Aqua aerobics, also known as water aerobics, is similar to a typical gym workout but it is practiced in our indoor heated swimming pool. Due to the water pressure around the body this workout is less strenuous, while placing less stress on joints, muscles, and the heart. The resistance of the water also slows down movements, allowing for a greater range of movements and smooth flowing motions that are less likely to aggravate old injuries. The resistance encountered in water also works more muscles with ultimately burning more calories than exercise on land. At the St Francis Health Centre a range of exercise routines are performed with or without the added resistance of buoyant pool 'noodles'. Most importantly... it's great fun!

STEAM BATH

Time spent in the heat of a **steam bath** chamber helps move blood from the core of the body to the skin with benefits that include improved circulation, removal of toxins, lowered blood pressure, reduced sinus congestion, burning of calories, improved muscular recovery from exercise plus reducing stress and boosting the immune system.

HERBAL JETBATH

A **jetbath** (jacuzzi) filled with herb infused water helps one to relax and reduce stress due to herbs like lavender, chamomile and rosemary having calming properties. Other benefits include relief from aches and pains, fighting colds and flu, boosting circulation, and relaxing the nervous system.

HEILMOOR TREATMENTS

The St Francis Health Centre is the sole local importer of Heilmoor products from Neydharting in Austria. The basis of their products comes from moor peat bog (mud) which is formed over hundreds of years by stacking plants/flowers/herbs which do not completely rot due to the prevailing very wet conditions and lack of oxygen. The absorbent nutrient-rich natural brown/black paste complex with a myriad of trace elements and organic substances, including humic and fulvic acids is a good ion-exchanger with anti-inflammatory qualities that enhances skin's health and appearance. With its antibiotic and astringent properties, moor peat mud is also used as an effective treatment for acne, eczema and psoriasis. Other uses include the relief of pain associated with arthritis and rheumatism, soothing muscle aches, reducing joint inflammation, and stimulating the immune system. At the St Francis Health Centre we offer various treatments that use Heilmoor products and too sell a range of products for purchase in our shop.

Moor jetbath – This is a 15-minute relaxing bath with gently massaging jets containing Heilmoor products. After the bath the moor is absorbed by the skin whilst you rest on your bed.

Moorpack - The body, back and front, is painted with moor, which gets absorbed and goes to work on the skin. The moor is then washed off in the gently massaging jetbath followed by resting to allow for the maximum effect of the healing properties of moor.

SITZ BATH

The two-chambered **sitz bath** is filled with hot water on one side and cold water on the other. This therapy involves sitting in one chamber with your feet in the other, and with the addition of Heilmoor products aids the circulation process in the body, helping with neuropathy, hypertension and other ailments linked to poor circulation.

LONGWAVE THERAPY

Longwave therapy uses high-frequency electric current to generate heat deep inside targeted tissue. This can help to reduce muscular pain, inflammation, muscle spasms, plus improve circulation and tissue healing.

MAGNETIC FIELD THERAPY

The body always tries to heal itself if surrounded by a healthy magnetic field and if enough energy is present, the self-healing process can be accelerated. **Magnetic field therapy** regulates the bio-electric magnetic energy in and around the body. The primary feature of this treatment is the resonance effect of pulsating electromagnetic fields in the body. Vibrations are transmitted as purposeful information to unhealthy cells whose function has been disturbed. This treatment can help with circulation problems, pain, chronic fatigue, infections, injuries, rheumatic and arthritic diseases, stress symptoms, the promotion of wound and bone healing, and strengthening of the immune system.

COLOUR THERAPY

Colour has a real energy, and each one is a wavelength of light travelling at a different frequency. Colours with longer wavelengths have lower frequencies. For example, red has a slow, long wavelength with a lower frequency that tends to energize chemical reactions. **Colour therapy**, also known as chromotherapy, uses the energy of colours to promote mental, emotional and physical wellbeing. It uses the seven main colours of the spectrum and light to balance the chakras of the body. Used in the right way colour therapy has profound healing benefits. For example, red is warming and energizing, and helps circulation, while yellow improves decision making and focused thinking and green helps balance the spiritual and earthly parts of the body while blue improves communication and evokes calm and peaceful emotions.

INFRARED THERAPY

Infrared promotes a wide range of therapeutic benefits in cells and tissues. It helps to reduce muscle and body pain related to fibromyalgia, endometriosis, nerve conditions, arthritis, and more. Because infrared increases blood circulation, it can support the body to heal, particularly when repairing inflamed joints.

RIFE ENERGY HEALING

Rife machines produce low electromagnetic energy waves (similar to radio waves) and are applied usually through the hands or feet via electrical pads or hand-held tubes. It is said that all medical conditions have an electromagnetic frequency and Rife treatment works by finding the frequency of the condition with the impulse of that frequency then being used to kill or disable diseased cells. Supporters of the treatment claim that the Rife machine can treat many different medical conditions, including cancer.

BIOPTRON LIGHT THERAPY

BIOPTRON light therapy can be used as a complementary treatment to support conventional medical methods or as monotherapy for certain conditions. The light application accelerates cellular mechanisms and improves blood supply to the treated area and helps wound healing and pain relief. By promoting accelerated tissue regeneration, this light treatment reduces bruises, helps cure certain dermatological disorders and assists with anti-ageing.

OZONE THERAPY

Ozone is a naturally occurring gas in our atmosphere and each molecule contains three atoms of oxygen (O₃). Research has shown that virtually no pathogen (virus, bacteria, fungus, and parasite) or diseased body cells is resistant to treatment by ozone. Ozone also has the power to detoxify the body by breaking down toxins and heavy metals. **Ozone therapy** uses medical-grade ozone created by an ozone generating device. The intent of this therapy is to increase the amount of oxygen in the body to boost the immune system and thus promoting healing. When sitting in the ozone cabinet/pod, ozone is absorbed through the skin to fight bacteria and viruses in the cells of the body, while the infrared light in the cabinet produces heat to detoxify the body, reduce inflammation and heal sore muscles. Ozone therapy has also proven to effectively heal shingles, psoriasis, acne and eczema. The Ozone cabinet at the St Francis Health Centre also has a Rife machine (hand-held tubes) to aid the detoxifying process in the body.

HYPNOTHERAPY

Hypnosis is a changed state of awareness and increased relaxation that allows for improved focus and concentration. It is also called **hypnotherapy** when applied with the guidance of a health care practitioner using verbal repetition and mental images. During hypnosis, most people feel calm and relaxed. Hypnotherapy can be used in a wide variety of situations such as boosting confidence, overcoming fears and phobias, insomnia, eliminating habits (e.g. smoking), weight loss and many more.

IRIDOLOGY/SCLEROLOGY

Iridology is the science of taking a very vivid and clear picture of the irises, which are the coloured part of the eyes. While Iridology cannot detect specific diseases, it assists in recognising the presence of toxins and their location, biochemical deficiencies, stages of inflammation, inherent genetic weakness or strength and one's general health condition. The practice of taking pictures of the Sclera (whites of the eyes) and analysing them is called **Sclerology**. Similar to Iridology, it does not identify or name a disorder but provides a quick and easy method of determining that a potential problem exists in a specific area or gland within the body.

COUNSELLING

A professional health practitioner is available to provide assistance in coping with personal problems, including emotional, behavioural, vocational, marital, educational, rehabilitation, and life-stage (e.g. retirement) difficulties.

EMOTIONAL FREEDOM TECHNIQUE

Emotional Freedom Technique (EFT) or Tapping is a technique that stimulates acupuncture points by pressuring, tapping, or rubbing, while focusing on situations that represent personal fear or trauma. It is a fast and effective technique to relieve feelings of stress and anxiety.

REIKI

The word "Reiki" comes from the Japanese words "rei" meaning universal and "ki" meaning life energy. **Reiki** is therefore a type of energy healing treatment whereby the practitioner uses gentle touch and placement of his/her hands in a particular pattern to improve the flow of energy around the body. While in deep relaxation, energy blockages are opened, and new vitality flows into the body. This energy balancing treatment also reduces stress and anxiety, provides pain relief, and reduces symptoms of illness.

EAR CANDLES

Ear candles were first used by North American Indians, and provide relief to many ailments such as earache, sinusitis, rhinitis, and migraines. A gentle crackling sound emanates when the candle is burning, while the warm vapours of honey and essential oils impregnated into the wax provide a

relaxing, calm and pleasant feeling. This treatment is a safe and pleasant way to remove excess ear wax that will not damage the eardrum.

AHAVA PRODUCT THERAPIES

Body brush - This therapy entails using the gentle massaging action of a dry natural sisal brush, stimulating circulation and the lymphatic system, thereby helping to eliminate toxins from the body. This elimination process helps the body become more effective, improves blood circulation, and enhances the immune system, improves the appearance of cellulite, and reduces water retention leaving the skin firmer and smoother.

AHAVA Dead Sea salt scrub - Working in a variety of ways to alleviate discomfort, Dead Sea salt helps to strengthen skin tissue, improve blood circulation, eliminate toxins, and balance the skin's natural pH level. Dead Sea salt can also help ease the symptoms of eczema.

AHAVA Dead Sea mud pack - Dead Sea mineral mud has hydrating, beautifying, purgative and relieving properties and is known to relieve various symptoms of skin and musculoskeletal ailments. Used topically, Dead Sea mineral mud accelerates the skin's detoxification process, draws out excess oil, tightens, and exfoliates to remove dead skin.

AHAVA Dead Sea salt bath - Dead Sea salt is ten times saltier than the sea which means it's bursting with more calcium, magnesium, potassium, and bromide. These miracle minerals help to fight against ageing skin, reduce fine lines and even smooth the skin's overall texture and appearance. Not only does Dead Sea salt hydrate the skin, but it also exfoliates dead skin cells which allows new cells to regenerate.

K2 BODY WRAP – Seaweed

Seaweed is renowned for its hydrating abilities. It is a powerful humectant, which means it helps to draw moisture into the skin's cells. The exfoliation and heat help to open pores and remove dead cells, thereby stimulating the skin to better hydrate. The **K2 seaweed body wrap** also assists with detoxifying the body by pulling out metals and toxins, which can also aid in weight loss.

WAXING

Waxing removes the entire hair including the root from the follicle. We offer bikini, leg, arm, under arm, face, lip, brow, chest, and back waxing treatments.

EYEBROW AND LASH TINTING

Tinting enhances the eye lashes or brows by darkening the hair. We offer a choice of brown, black & blue/black (darkest). Eyelash tinting will bring out the depth of your eye colour while eyebrow tinting will enhance the contour of your face.