

# Winter Wellness Special



As we transition into the cooler months, it's crucial to prioritize our health and well-being. That's why we're excited to announce our **Winter Wellness Special**, running from **1 June to 31 August 2024**. Embrace the season of introspection and self-care with **10% off** our regular rates, plus an **additional 10% off all extra treatments booked**. Choose from our 3, 6 or 10-day detox or immune boost retreat packages and embark on a journey to holistic wellness.

## Contact us to make a booking

**Landline:** 046 625 0927 / **Cell:** 076 832 8669 / **Whatsapp:** 082 718 2169

**Email:** [info@stfrancishealthcentre.co.za](mailto:info@stfrancishealthcentre.co.za)

# World Labyrinth Day Celebrated



World Labyrinth Day is an annual event that sees thousands of people around the world collectively participating in a moving meditation for world peace.

The St Francis Health Centre joined this celebration by hosting a complimentary, collective labyrinth walk. Dr Hall gave an introductory talk and explanation to the guests who were encouraged to walk barefoot to facilitate 'grounding'. Approximately 15 people joined the collective walk, fostering a sense of unity, peace, and mindfulness. It was a profound and spiritually uplifting event for all who attended.

# What's New

## *Nature Cure Retreats*



We're delighted to share the success of our newly launched **3-day Nature Cure Retreat**, which has been met with enthusiasm and rave reviews from participants. Hosted amidst the tranquil beauty of nature, these retreats will disconnect you from the stresses of daily life and allow you to get in touch with the beauty of nature and learn more about nature. Each day starts with a guided walk on one of our unspoilt beaches or a boat cruise up the breath-taking Kleinemonde Estuary. Upon returning to the Health Centre our guests are treated to a massage, an aqua aerobics class and a guided meditation session. These retreats allow one to connect with like-minded individuals and discover the healing power of nature.

**For more information and available dates please contact us**

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# ***New treatments offered***



We are thrilled to once again offer **Reiki Healing** as part of our holistic wellness services. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. During a Reiki session, our practitioner channels energy into your body to activate the natural healing processes, attending to physical and emotional well-being. Whether you're seeking relief from chronic pain, anxiety, emotional distress or simply looking to restore balance in your life, Reiki Healing can provide profound benefits and is a stunning compliment to the other treatments we have to offer.

Earlier this year, we also introduced the **Full Body Cupping Massage**. This unique experience utilizes the ancient practice of cupping therapy to promote circulation, release tension, and alleviate muscle pain and stimulate the lymphatic system. Our practitioners are trained to provide personalized sessions tailored to your specific needs, helping you achieve relaxation and unconditional love from head to toe.

***At the St Francis Health Centre, we're committed to providing you with the highest quality care and support on your wellness journey. Whether you're looking to relax, rest, detox or address specific health concerns, our team is here to help and support you every step of the way in a safe space filled with unconditional love.***

We look forward to welcoming you. Please feel free to contact us with any questions.

**The St Francis Health Centre Wellness Team.**

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