

TREATMENTS MENU

BY SEVEN WELLNESS

Massage Therapies

	60 MINS	90 MINS
AROMATHERAPY (SOUL) EMOTIONAL BALANCE DESTRESSING BENEFITS: ENHANCES BOTH PHYSICAL AND EMOTIONAL HEALTH.	280	310
HOT STONE THERAPY (SWEAT) CHAKRA BALANCING ENERGIZING BENEFITS: REDUCES LYMPHATIC CONGESTION, ENERGETICALLY BALANCE THE MIND, BODY AND UNLOCK THE CHAKRAS	280	320
DEEP TISSUE (STRENGTH) RECHARGING PAIN RELIEF BENEFITS: HELPS TO RELIEVE PAIN IN AREAS SUCH AS NECK, UPPER BACK, LOWER BACK, LEG MUSCLES AND SORE SHOULDERS.	280	310
PRE-NATAL MASSAGE (SEEDLING) EMOTIONAL BALANCE RESTORATIVE EXFOLIATION BENEFITS: ENHANCES BOTH PHYSICAL AND EMOTIONAL HEALTH. FOR MOTHER AND CHILD	320	-
SLIMMING MASSAGE (STRENGTH) BODY SHAPING LYMPHATIC DRAINAGE BENEFITS: HELPS REDUCE CELLULITE AND PROMOTES COLLAGEN PRODUCTION USING WOODWORK OR ULTRASOUND THERAPY	400	450

ADD ONS

BACK, NECK & SHOULDER MASSAGE (30 MINS)	150
BODY SCRUB (30 MINS)	150

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Facial Treatments

PRICE (AED)

FACIAL MASSAGE + FREE FACE MASK

250

NOURISHING| REJUVINATING| ANTI-AGING | 60 MINS
BENEFITS: REDUCES THE APPEARANCE OF FINE LINES
AND WRINKLES. RELAXES ANY MUSCLE TENSION
AROUND THE FACIAL AREA. MOISTURIZES, HYDRATES
AND EXFOLIATE THE SKIN.

FACE YOGA BUCKLE METHOD

250

NOURISHING| REJUVINATING| LIFTING | 45 MINS
BENEFITS: RELAXES ANY MUSCLE TENSION AROUND THE
FACIAL AREA, LIFTING OF THE FACE USING BUCKLE
MASSAGE TECHNIQUE AND ORGANIC OILS

VITAMIN HYDRAGLOW FACIAL

400

NOURISHING| REJUVINATING| GLOWING| 60 MINS
BENEFITS: DEEP CLEANING & HYDRATING FACIAL,
VITAMIN INFUSED TREATMENT FOR COLLAGEN
PRODUCTION AND GLOW

SOFT PEEL FACIAL

250

ANTI-AGING | TONING | 75 MIN
BENEFITS: THE SOFT PEEL LEAVES THE FACIAL SKIN
INVIGORATED WITH REDUCED PORE SIZE, PROMOTES
UNIFORM SKIN COLOURATION AND TONE FROM
COLLAGEN STIMULATION AND RESOLVES ACNE
WITHOUT MEDICATION.

TREATMENTS MENU

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Holistic Therapies

60 MINS

90 MINS

REIKI HEALING

400

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EMOTIONAL BALANCE | DESTRESSING |

BENEFITS: ANXIETY SUFFERERS, LIFE CHANGES,
ASSISTING WITH DEPRESSION, REDUCING PHYSICAL
PAIN & RELAXATION

CHAKRA HEALING W/ CRYSTAL

450

550

CHAKRA BALANCING | ENERGIZING |

BENEFITS: BALANCING THE BODIES ENERGIES,
RELEASING ENERGETIC BLOCKS, REDUCING PHYSICAL
PAIN AND REDUCING ANXIETY & DEPRESSION

SOUND HEALING & CHAKRA

680

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BALANCING EXPERIENCE

EMOTIONAL BALANCE | DESTRESSING |

BENEFITS: HELPS REDUCE STRESS, ANXIETY, AND
DEPRESSION

EMOTIONAL FREEDOM TAPPING

400

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EMOTIONAL BALANCE | SOOTHING |

BENEFITS: ANXIETY SUFFERERS, FEAR-BASED
IDEOLOGIES, HEARTBREAK, LOVE SEEKERS AND THOSE
LOOKING TO CREATE A SENSE OF INTERNAL PEACE

HYPNOSIS & HYPNOTHERAPY

1000

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EMOTIONAL BALANCE | RELIEF | UP TO 3 HOURS
SESSION |

BENEFITS: EASE STRESS AND ANXIETY BEFORE A
MEDICAL PROCEDURE, TROUBLE SLEEPING, PAST
TRAUMA

TREATMENTS MENU

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Holistic Therapies

60 MINS

90 MINS

(H.E.A.L) ENERGY HEALING FOR
STRESS, BURN OUT, ANXIETY AND
DEPRESSION

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600

EMOTIONAL BALANCE | DESTRESSING

BENEFITS: FOR ANXIETY AND DEPRESSION, STRESS,
BURNOUT, SLEEP DISORDERS, CHRONIC FATIGUE,
CANCER, DIABETES, COVID-19, GASTROINTESTINAL
ISSUES, PAIN MANAGEMENT AND OTHER HEALTH AND
VITALITY-RELATED ISSUES OR PSYCHOLOGICAL

INTUITIVE GUIDANCE READING

500

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THE CARDS TELL A STORY, BY CONNECTING WITH YOUR
ENERGY FIELD TO HELP BRING CLARITY & POSITIVE
DIRECTION BACK INTO YOUR LIFE.

TRAUMA READING

680

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BENEFITS: FEEL MORE CLEAR, RELAXED AND
CONNECTED TO YOUR INNER SELF

ASTRO READING

700

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BENEFITS: THIS SESSION WILL GIVE YOU AN IDEA HOW
TO NAVIGATE YOUR LIFE BETTER.

WOMB CLEANSING

200

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BENEFITS: THAI RITUAL WHERE WE PLACE SMOKE UNDER
THE SACRAL CHAKRA TO CLEANSE TOXINS, TREAT
INFECTION, HEAL HEMORRHOIDS, AND MUCH MORE TO
BALANCE FEMININE ENERGY