

SELF HEALING FACILITATION

RELAXATION THROUGH CONVERSATION AND/OR SELF HEALING FACILITATION

60 min € 59.00

a lot of symptoms like pain, illnesses, feeling unwell or being overwhelmed/ stressed begin as a small experience. sometimes it may be a shock, a trauma, something fearful or too much worrying may have happened. maybe someone we really cared about has left us behind.

by getting to the root of the burden through conversation as fast as possible and by addressing the issue, you can begin your inner self healing process. if you like we can also balance your energies through reiki and faith healing as part of the treatment.

reconnecting you with your inner true self and inner wisdom in a very gentle and safe way.

ANGEL CARD READINGS

60 min € 59.00

in a very relaxed atmosphere you will connect with your inner guide and the angels. this experience will assist you in a very peaceful way if you need clarity and reassurance

HOPI EAR CANDLING & FACE MASSAGE

45 min € 49.00

hopi ear candling can relieve headaches, ear and sinus congestion and it will remove earwax in a very gentle way.

METAMORPHOSIS

60 min € 59.00

developed by robert st.john

a wonderful, easy and fantastic way to unblock

old patterns and to enable us to live creatively in the present moment.

take an hour to rebalance and heal yourself with a very gentle treatment.

REIKI & CHAKRA CLEANSING

30 min € 29.50

reiki - the universal life force is in all of us. we are one with everything there is. you will experience a flow of positive energy, which in return will assist you to let go of stress and worries. experience the peaceful, relaxing and heavenly rejuvenating way of a reiki treatment.

60 min € 59.00

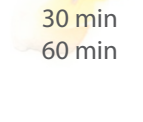
AURA MASSAGE WITH TIBETAN/INDIAN SINGING BOWLS

30 min € 29.50

experience the wonderful vibration of singing bowls feel how they rebalance and strengthen your auric field

when your chakras (the seven main energy centres of the body) are in balance you feel at ease and peaceful, which increases your bodys wellbeing.

Treatments with singing bowls aid in the self healing process.



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DR. HAUSCHKA HOLISTIC FACE CARE

A WONDERFUL EXPERIENCE, LET NATURE TAKE CARE OF YOU... FOR HER & HIM

DR. HAUSCHKA RELAXATION TREATMENT for all skin conditions 60 min € 59.00
we begin with gentle relaxing head and neck movements. your face is cleansed with warm, fragrant compresses and dr. hauschka products. you'll experience the wonderful, gentle lymph stimulation, rhythmic conditioner, followed by a mask and a gentle massage of your neck and décolleté, we'll end the treatment with toner and a day cream.
the best way to relax with tlc.

DR. HAUSCHKA CLEANSING TREATMENT 90 min € 79.00
for all skin conditions except inflamed skin
we begin with gentle, relaxing head and neck movements. your face is cleansed with warm, fragrant compresses and dr. hauschka products, a steam bath, deep cleanse, clay mask, you'll experience the wonderful lymph stimulation, rhythmic conditioner, mask and a gentle massage of your neck and décolleté. we'll finish with a toner and a day cream
let me make you feel wonderful with this treatment.

DR. HAUSCHKA CLEANSING TREATMENT for blemished, inflamed skin 75 min € 69.00
we begin with a warm footbath followed by a gentle foot and leg massage. your face is cleansed with warm, fragrant compresses, dr. hauschka products, a herbal steam bath, followed by a deep cleanse, clay mask, rhythmic conditioner, a soothing, warm oil mask. we'll end the treatment with a toner and day cream.
experience a new and happy feeling.

DR. HAUSCHKA CLASSIC TREATMENT for all skin conditions 120 min € 99.00
we begin with a warm sage footbath, followed by a soothing foot and leg massage. using gentle movements to relax your arms, hands and neck. then the facial begins with warm, fragrant compresses, a herbal steam bath and mask followed by a unique lymph stimulation with soft brushes and gentle hand movements strengthening the entire body. a neck and décolleté massage will extend the relaxation phase. a toner and day cream complete your treatment. the result, expressed in glowing skin and a sense of well-being. you will feel enchanted!



SOTHYS SPECIALTY TREATMENTS

THE SECRET TO BEAUTIFUL, RADIANT SKIN AND AN AMAZING FEELING

BASIC for her & him

steps to beauty: gentle skin cleansing, deep cleansing, massage, mask and serum. this treatment will help your skin to stay in balance.

60 min € 59.00

BASIC DELUXE for her & him

steps to beauty: gentle skin cleansing, intense deep cleansing, eyebrow shape, massage, mask and serum.

a treatment with products to bring out the best in your skin. enjoy the way you look and feel.

90 min € 79.00

TEENAGE TREATMENT for her & him

students up to 18, a "basic" facial with the best products for you. your looks are as important as the way you feel about yourself.

60 min € 36.00

RHUBARB & RASPBERRY VITAMIN FACIAL for her & him

hydrating and comforting - let the aromas of rhubarb & raspberries give you a de-stressing holiday experience

60 min € 59.00

EAU THERMALE SPA FACIAL for her & him

this facial is the perfect treatment for dehydrated, tired skin. immediate results are visible after the first treatment.

sothys is the exclusive partner of thermes de spa in belgium. the marie-henriette spa water, which is well known for it's special effects on the skin, is used in all sothys spa products.

steps to rejuvenation: skin cleansing, exfoliation, mask/hydration, massage and the finale is a radiance ampoule.

your skin is visibly smoother with increased suppleness and softness, feel it!

60 min € 59.00

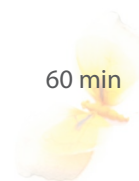
SOTHYS HOMME Facial for men

The ultimate detoxifying - de-stressing treatment for men. The perfect time to reduce nervous tension, stimulate the mind and detoxify the skin.

Steps to rejuvenation: Relaxation begins with a back, shoulder, neck and upper chest massage followed by a hair and scalp massage, detoxifying cleanse, peeling, Digi Esthetique massage, peel off mask, active care and the finishing touch: a hydra-tonic mist. Enjoy a great feeling and good looks.

Hydrating, toning, anti-wrinkle, anti pollution. 100% Zen efficiency!

60 min € 59.00



RELAXATION IN THE FINEST WAY... AROMA MASSAGES AND BODY TREATMENTS

ORIENTED TOWARD PLEASURE OF THE SENSES FOR HER & HIM

GERMAN HEAD, NECK, SHOULDER MASSAGE 30 min € 33.00
experience this relaxing treatment so you can feel great. lot's of thinking, sitting all day at the computer or stress bring on tension. this massage will make you feel a lot better.

AROMA HOT STONE BACK MASSAGE 30 min € 37.00
enjoy a ½ body massage with warm aroma oils and comforting hot stones. the heat of the stones will penetrate deep into the tissue and relieve aches and pains..

AROMA BACK, ½ BODY MASSAGE from € 33.00
let the day be so much brighter... you can treat yourself to a special feeling or extend the pleasure by beginning your treatments with this very relaxing or vitalizing massage.
30 min € 33.00
45 min € 49.50
60 min € 66.00
enjoy the well being and happiness that this massage will give you.

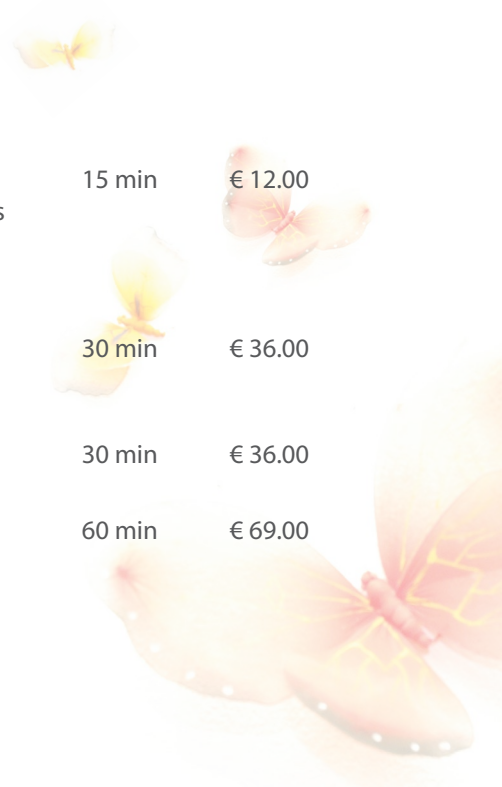
HONEY BACK MASSAGE TYPE 1 15 min € 18.00
the tibetan / russian massages with honey are a well known for their detoxifying purposes and stimulation of the immune system. all meridians along the back are being stimulated which will enhance your physical well being. experience the honey back massage and feel the softness of your skin.

HONEY BACK MASSAGE TYPE 2 15 min € 12.00
you can also experience a honey back massage before any of my massages or as part of a massage.
in that case 15 minutes will be added to the time of the massage

HONEY BACK MASSAGE TYPE 3 30 min € 36.00
in combination with a regular back massage for a total of 30 minutes

BACK EXFOLIATING SCRUB with a gentle rub 30 min € 36.00

AROMA ENERGIZING BODY MASSAGE 60 min € 69.00
the wonderful combination of eastern and western massage movements vitalise your body and mind. feel refreshed and at ease at the same time. recommended when you need revitalization.



<p>AROMA RELAXATION BODY MASSAGE total relaxation is what you will feel when you experience this massage. enjoy the gentle, soft massage movements that take tension from you and leave you feeling at ease. recommended when you are of a nervous disposition or have difficulties sleeping.</p>	60 min	€ 69.00
<p>EFFLEURAGE BODY MASSAGE a heavenly massage with slow and fast massage movements. feel the easing away of the tense muscles and stress. leaving you with lightness and joy. recommended when your level of stress needs to be reduced.</p>	60 min	€ 69.00
<p>CRYSTAL – ENERGY BODY MASSAGE experience a delightful massage with the energy of warm crystals and hands, that make you feel free and happy. recommended if you like to feel the energy of crystals and their wonderful effects.</p>	60 min	€ 75.00
<p>LAPIS VITALIS HOT STONE MASSAGE a massage that is based on your needs of relaxation. let the warmth of the stones and the beautiful scents of the massage oils relax your muscles recommended when you are in pain and need to relax.</p>	60 min	€ 75.00
<p>SYLVIA SHIRLEY DIVINE ENERGY MASSAGE trust, let go, rejuvenate and be full of joy and peace. clear your mind and feel how you centre yourself within you. recommended if you want total rebalancing (incl. singing bowl treatment).</p>	90 min	€ 99.00
<p>SOTHYS HANAKASUMI BODY RITUAL inspired from japanese tradition</p> <p>through this new rejuvenating body ritual you can enjoy a sensorial escape to the heart of japan and its beautiful landscapes of cherry trees in blossom. sophisticated and nourishing, the hanakasumi body ritual immerses you in the land of the rising sun.</p> <p>enjoy the sensual voyage, a change of scene into an orchard of cherry trees in blossom experience an awakening prelude, followed by the application of a cherry blossom-rice powder gommage (exfoliation).</p> <p>while you are cocooned with warm towels you will receive a 20 minute stimulating foot massage. the cherry blossom-rice powder gommage will be gently removed, leaving your skin soft with a gentle touch feeling.</p> <p>to complete the wonderful ritual your body will be engulfed in the asian blossom scents after receiving a relaxing body massage.</p>	90 min	€ 89.00



A LITTLE BIT OF INFORMATION

when you come to my atelier in sand hills for a massage or body treatment, it would benefit you, if you would wear or bring comfortable clothes.

i will provide all towels and everything that is needed to make your stay as comfortable and joyful as possible.

massages and body treatments always have an effect on the central nervous system, therefore it is essential to relax and enjoy the treatment when you return to your home.

during those treatments a lot of toxins will be loosened up, therefore i recommend for you to drink 2-4 pints of water or herbal tea after the treatment. try it and feel the difference!

EAU THERMALE SPA ...A LITTLE BIT OF HISTORY

the romans knew and used the benefits of the springs of spa in belgium.

much later... about 1750 the first thermal bath was built in spa for the rich and famous of those days, which were mostly of a royal bloodline.

the name spa, used for water treatments in the cosmetic industry, originated in belgium. spa's fame is based on their water, which has been scientifically tested and is well known for its "healing abilities".

sothys is fortunate to be the exclusive partner of spa and is using water from spa in all eau thermale spa institute and home care products.

if you have any questions, i'll be glad to answer them. enjoy choosing the perfect treatment for you. look out for my monthly specials!

yours

Sylvia Shirley

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