

TREATMENT MENU

ANCIENT NATURAL TREATMENTS

ACUPRESSURE MASSAGE ⁽¹⁾

Pain-Relieving Massage For Specific Ailments

(Traditional Chinese Tuina ⁽⁴⁾ Technique)

Fully-dressed, dry massages, usually lying down on the massage table, or on a chair. For these massages, I can also use ear reflexology and/or essential oils as complementary techniques.

Global fee for the first two 45-minute sessions⁽²⁾: 70 €

Fee for each extra 45-minute session⁽²⁾: 45 €

Recommended routine: 2 sessions per week for the first two weeks

SPECIAL OFFER: Buy 8 "Pain-relieving" massages and get one free "Wellness short massage".

"CUSTOMIZED ESSENTIAL OILS TREATMENTS" SESSION FOR YOUR FAMILY ⁽¹⁾

150 €

Appr. 3 hrs*

*Learn how to deal personally ⁽¹⁾ with the current ailments of your family thanks to essential oils. I first analyze the terrain** and the specific issues of each of you (incl. spouse and children), and then recommend customized essential oils blends that can be ordered at the pharmacy.*

* One 2-hour session with you + 1 hour for preparation and follow-up purposes.

** Terrain = physical nature + (Hippocrates) temperament type + disease risk.

"ESSENTIAL OILS FOR EMOTIONAL ISSUES" SESSION ⁽¹⁾

*For stress, anxiety, fears, edgy nerves, emotional issues, sleep disorders, skin issues related to emotions: essential oils help achieve an inner **physical, immune, emotional and psychological balance**. For those treatments, I can also use Ear Reflexology and/or Tuina massage as complementary techniques.*

Fee for the first 1-hour session: 60 €

Fee for the following sessions (fee per session): 40 €

Recommended routine: depends on the person's needs

LEARN HOW TO SELF-HEAL

ACUPRESSURE MASSAGE ⁽¹⁾

(Traditional Chinese Tuina ⁽¹⁾ Technique)

Slimming Tuina Acupressure Massage

- **“Slimming”** – Specific abdominal, sides and back Tuina acupressure massage
A very energizing, fully-dressed, dry massage, that aims at boosting the blood and Qi (vital energy) flow in your body.

55 €

Appr. 55 min ⁽²⁾

Recommended routine: 6 to 10 sessions, twice a week.**

**SPECIAL OFFERS: Buy 6 “Slimming” massages and get one free “Smoothed orange-peel” massage.
Or : Buy 10 “Slimming” massages and get one free “Energy Balancing” Massage.**

****** The number of sessions depends both on the person’s needs and diet.

- **“Smoothed orange-peel”** – Specific Tuina massage
using cupping therapy and essential oils

30 €

20 to 30 min

Fee for each of the first 4 one-hour sessions (fee per session):

60 € ⁽²⁾

Fee for each following ½-hour session:

30 €

Recommended routine: 10 sessions (4 one-hour sessions per week to start with + 6 follow-up ½-hr sessions per week).***

SPECIAL OFFERS: Buy 10 “Smoothed orange peel” massages and get either one free “Slimming” massage, or a free Ear Reflexology session, or a free “Wellness short massage”.

******* The number of sessions depends on your needs and diet. You can also choose to do just the first 4 one-hour sessions and go on using the cups at home every other day (for short “do-it-yourself” sessions at home).

Wellness Short Tuina Acupressure Massage

40 €

Short targeted massages to feel well with limited available time and budget.
Fully-dressed, dry* massages, lying down on the massage table.

Appr. 40 min ⁽²⁾

* Some massages are partially practiced with home-made essential oils blends.

- **“After work”**: muscle relief and relaxation – Neck, trapezoid and shoulders Tuina acupressure massage
- **“Relaxation and easy digestion”** – Face and abdominal Tuina acupressure massage
- **“Relaxation between heaven and earth”**: Face and foot Tuina acupressure massage
- **“Fullness and inner peace”** – Face and arm Tuina acupressure massage
- **“Emotional harmony”** – Arm and hand Tuina acupressure massage
- **“Let go”**: muscle relief and relaxation – Back Tuina acupressure massage
- **“Muscle relief”** – Leg Tuina acupressure massage
- **“Grounding and relaxation”** – Foot and hand Tuina acupressure massage
- **“Soothe your body”**: sports recovery – Back and leg Tuina acupressure massage

Recommended routine: 1 session every other week

SPECIAL OFFERS: Buy six “Wellness short massages” and get either one free Ear Reflexology session or an additional “Wellness short massage”. Or : Buy 10 “Wellness short massages” and get one free “Slimming” massage.

Wellness Long Tuina Acupressure Massage

Forget about time ☺ and enjoy thoroughly! Body and facial massages partially practiced with home-made essential oils blends, according to the area of the body.

- **“Energy Balancing”**

60 €

Balance your body's energy.

Appr. 60 min ⁽²⁾

SPECIAL OFFERS: Buy 5 “Energy Balancing” massages, and get either one free “Smoothed orange peel” massage or one free Ear Reflexology session. Or: Buy 10 “Energy Balancing” massages, and get either one free “Slimming” massage, or two free “Wellness short massages”, or one free “Essential oils for emotional issues” session.

- **“Harmony”**

90 €

Let go completely, relax, relieve tensions, ease your digestion and restore your body's energy balance.

Appr. 90 min ⁽²⁾

SPECIAL OFFERS: Buy 5 “Harmony” massages, and get two free “Wellness short massages”. Or: Buy 10 “Harmony” massages, and get one free “Slimming” massage + one free “Wellness short massage” + one free “Essential oils for emotional issues” session.

“IMPROVE YOUR HEALTH” GROUP WORKSHOPS ⁽¹⁾

“Prepare For The Change Of Season” ⁽¹⁾⁽³⁾

30 € per person

Season changes are moments that our body can find tricky to deal with.

Appr. 1hr30

This workshop provides easy tips to help you adjust to those changes, based on Traditional Chinese Energy Balancing, Essential Oils and Qi Gong.

“Learn how to use essential oils personally and safely” ⁽¹⁾⁽³⁾

70 € per person

Essential oils bring about many questions.

Two 2-hr sessions

This workshop allows you to master them in a simple way, for everyday use. It aims, among other things, at answering the following questions: which are the basic essential oils to have for the most common ailments? Which basic essential oils blends can cover the most common ailments? How do you use them? What precautions should be taken?

⁽¹⁾ The information on this Treatment Menu is not complete. The treatments and workshops do not claim to replace medical advice. Only a physician is allowed to make a diagnosis in case of medical problems. Justessentiel advises all their clients who suffer from physical ailments to see a doctor for a diagnosis.

⁽²⁾ Tuina sessions include 10 to 15 minutes dedicated to listening and understanding my client's needs

⁽³⁾ 5 participants at least required per workshop.

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By appointment – On-site treatment for special events