

# THE SOUL KHAYA

HOME OF CONSCIOUS WELLNESS

The 7 soul journeys are based on the 7 energy centres, each will be personalised specifically for you and your needs, for your own intention and focus.

An in-depth consultation guides both you and I during our time spent together to offer you the best possible outcome for your wellbeing and greatest good.

## FREE SPIRITED JOURNEYS



I AM

ROOTED

1.5 hours /R750 OR 2 hours R900

Consultation /Remineralising foot cleanse /Visual mantra meditation & energy balance /Warm full body Himalayan salt crystal aromatherapy massage /Sound therapy



I FEEL

RELEASE

1.5 hour /R750 OR 2 hours R900

Consultation /Remineralising foot cleanse /Visual mantra meditation and energy balance /Hot flow Infra-Red and copper plate meridian massage /Sound therapy



I DO

LOVING KINDNESS

1.5 hours /R750 OR 2 hours R900

Consultation /Remineralising foot cleanse /Metta Bhavana mediation /Energy balancing /Aromatherapy massage /Sound therapy



I LOVE

GRATITUDE

1.5 hours /R750 OR 2 hours R900

Consultation /Remineralising foot cleanse /Gratitude for life /Energy balance /Full body warm crystal Aromatherapy massage /Sound therapy



## I SPEAK

## INNER WISDOM

1.5 hours /R750 OR 2 hours R900

Consultation /Remineralising Foot bath /Energy centres meditation /Ear Candling /  
Acupressure on the eye area, ears, head, neck and shoulders / Sound therapy



## I SEE

## MESSAGES

1.5 hours /R750 OR 2 hours R900

Consultation /Remineralising foot cleanse with messages in water /1 hour Reiki with  
messages in music /Acupressure with messages in Clear Quartz crystal wands focused on the  
scalp, face and feet /Sound therapy



## I UNDERSTAND

## VIBRATION

1 hour /R650

Group pricing available upon request

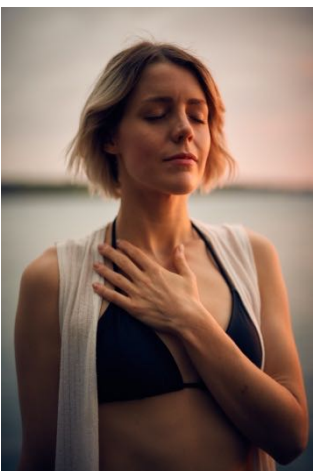
Sound therapy is a deeply immersive, restorative and meditative experience, the healing  
vibrations work on a cellular level allowing you to recreate, and tap into the infinite possibilities  
which the universe holds for each one of us.

Using breath work, mindfulness, Crystal and Tibetan singing bowls, and an array of other  
instruments and sounds to create a profound sense of peace and relaxation.

Perfect for one on one and blissful group experiences.

Being must be felt. It can't be thought.

- Eckhart Tolle



# 1 HOUR DIVINE DISCOVERIES

## One hour Divine Discoveries

1 Hour / R470

Warm back of body OR front of body Himalayan salt crystal aromatherapy massage

Warm back of body OR front of body Crystal aromatherapy massage with the use of either rose quartz, clear quartz, amethyst or carnelian

Hot Flow Infrared back of body OR front of body Aromatherapy massage

Ear Candling | Acupressure on the eye area, ears, head, neck and shoulders

Acupressure warm copper plate foot and leg massage

Reiki

Meditation session

Affirmation, goal statement and manifestation session – Individualised especially for your current life journey

## 30 minute Divine Discoveries

30 mins / R380

Crystal back, neck and shoulder massage

Sound therapy

Meditation session



Mandy Trollip  
hello@thesoulkhaya.com  
www.thesoulkhaya.com

082 451 7701