

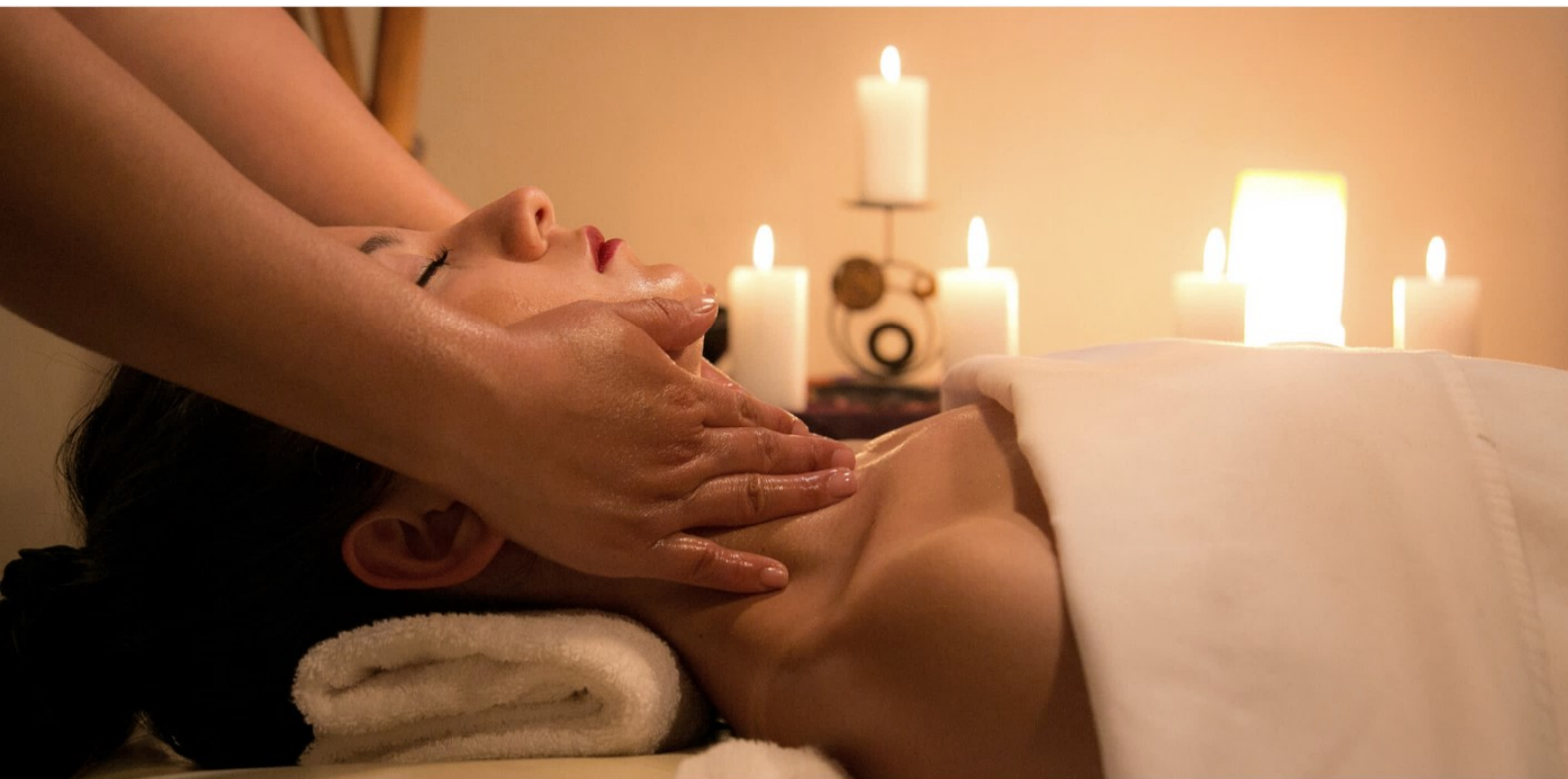
CEDERBERG HOLISTIC BODYWORKS

HOLISTIC HEALTH AND WELLNESS PRACTICE

About Us

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**Cederberg Holistic Bodyworks is a holistic health and wellness practise, situated on a farm in the breathtaking Northern Cederberg - a mere 11km from the town of Clanwilliam. The therapies provided are administered by a mother-daughter team of wellness professionals - with a rich ancestral history dating back 300 years within the Boskloof Valley. Find peace and tranquility in the beautiful surroundings, relaxing farm sounds and healing touches. Stress, anxiety, headaches, toxins, depression, pain, tension...
let it all go.**



Cederberg Holistic Bodyworks is run by women for women. ♀



Our Services



DEEP TISSUE MASSAGE

Deep Tissue Massage gradually relaxes, lengthens and removes adhesions in your muscles - effectively removing pain and restoring your full range of mobility in a relaxing way. This treatment is beneficial in relieving chronic muscle tension and overall stress and anxiety.

CBD OIL MASSAGE

A deeply relaxing massage experience using the highest quality CBD oil - which has been shown to have amazing anti-inflammatory, antidepressant and antibacterial properties. Furthermore, it's benefits include the relief of chronic pain, alleviates stress and anxiety, improves skin conditions, boosts the mood and improves overall well-being.

EFT

EFT (Emotional Freedom Technique) is a form of tapping acupressure where the fingertips are used to stimulate the acupressure points, to restore the disrupted energy field of the body and enhances the body's natural ability to heal. It is mainly used for the treatment of anxiety, depression, pain relief, trauma and addiction.

AROMATHERAPY MASSAGE

Aromatherapy Massage combines the power of essential oils with that of massage therapy. This combination provides positive effects on the mind, body and soul. Some benefits include reducing stress, improving sleep quality and focus, increasing energy and pain relief.

HOLISTIC MASSAGE

Holistic Massage is a treatment exclusive to Cederberg Holistic Bodyworks, where the therapist works with the client in order to determine the best treatment combination for their individual needs. This treatment involves a combination of various different therapies such as Deep Tissue Massage, Aromatherapy, Acupressure and Reflexology.

REFLEXOLOGY

During a reflexology treatment, pressure is applied to specific reflex points on the foot that correspond to the different organs and areas of the body, in order to balance the natural systems within the body. It provides relief from stress/tension, menopause, PMS, back pain, insomnia, headaches and migraines.

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PRICE LIST

DEEP TISSUE MASSAGE

30 min

Foot **R180**
Back, Neck & Shoulders **R200**

45 min

Back, Neck & Shoulders **R300**
Back, Neck, Shoulders & Feet **R310**
Back, Neck, Shoulders & Scalp **R310**
Back, Neck, Shoulders, Arms & Hands **R320**

60 min

Back, Neck & Shoulders **R420**
Back, Neck, Shoulders & Feet **R430**
Back, Neck, Shoulders & Scalp **R430**
Back, Neck, Shoulders, Arms & Hands **R440**
Full Body: Back, Neck, Shoulders, Arms, Hands, Legs & Feet **R450**

90 min

Back, Neck and Shoulders + Reflexology **R700**
Full Body: Back, Neck, Shoulders, Scalp, Arms, Hands, Legs & Feet **R750**
Full Body + Reflexology **R800**

CBD OIL MASSAGE

Add to any massage **+ R150**

EMOTIONAL FREEDOM TECHNIQUE

45min - 60min per session **R300**

REFLEXOLOGY

45min - 60min per session **R300**

HOLISTIC MASSAGE

45min - 60min per session **R550**

AROMATHERAPY

Single oils

Choose from our available selection of the highest grade essential oils to add to your massage treatment.

R35

Therapeutic Blends

Add any of the following blends to your treatment to enrich your massage experience or customize your own unique blend.

Easy Breathe-y

Peppermint, Eucalyptus,
Tea Tree

R30

Energy boost

Peppermint,
Frankincense, Bergamot

R55

Fields of Flowers

Lavender, Jasmine, Rose

R35

Sweet Surrender

Lavender, Ylang, Bergamot

R55

Ocean Breeze

Peppermint, Lavender,
Rosemary

R35

Into the forest

Cedarwood, Cypress,
Frankincense

R55

French Dreams

Lavender, Rosemary, Clary
Sage

R45

Namaste

Frankincense, Lavender,
Vetiver

R60

Hawaiian Escape

Bergamot, Lavender,
Cedarwood

R45

Custom Blend

Consult with the therapist
to create your own unique
blend of essential oils.

R75

Get in touch

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Mart-Mari Swart HHI (Nat)
Holistic Health Therapist

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E-Mail: cederbergholistic@gmail.com

Business Hours:

Monday - Sunday

08:00 - 14:00

(By appointment only)

