



# Studio wellNL



Relax • Rebalance • Renew

## Therapeutic Massage

€35 / 30 mins\*, €60 / 60 mins\*

A great way to relax, de-stress and detox. The massage focuses attention to where you need it most e.g. back, shoulders, etc.

## Sports Massage

€70 / 60 mins\*

A brisk, vigorous, deep-tissue massage that increases oxygen and blood flow to the limbs and help improve joint flexibility.

## Chakra Massage

€65 / 60 mins\*

The ideal way to re-balance mind, body and soul. Reiki is used to realign and stimulate the body's chakra system in combination with a light Swedish massage.

## Butterfly Massage

€60 / 60 mins\*

Rejuvenate your skin with the Butterfly massage that helps remove dead skin cells

from the surface and promotes blood flow to the skin keeping it healthy and vital!

## Chair Massage

€30 / 30 mins\*, €40 / 45 mins\*

The perfect way to get a massage when you are short of time. There's no need to undress either. A seated position allows for a great, effective upper body massage!

## Foot Massage

€35 / 30 mins\*, €50 / 45 mins\*

Ease out tensions in your feet giving your whole body a boost. Healthy, happy feet means a healthy, happy body!

## Reiki Healing

€95 / 90 mins\*

Reiki is an ancient hands on healing therapy for the mind, body and soul. 100% positive energy is used in this amazing holistic healing treatment.

## Appointments

Studio wellNL is open at YogaYatra every Friday from 15:00-19:00.

To make an appointment or if you have any questions, please email [studio@wellnl.com](mailto:studio@wellnl.com).

For more information please visit [www.wellnl.com](http://www.wellnl.com).

## \* YogaYatra Cardholders!

The above prices are exclusive to YogaYatra Cardholders on presentation of your card! For non-Cardholders, an additional €5 charge per hour or part hour applies.



[www.wellnl.com](http://www.wellnl.com)  
[www.yogayatra.nl](http://www.yogayatra.nl)

