

# Oxford Healthcare Retreat

16 Porter Avenue, Melrose North, Johannesburg, South Africa, 2196  
079 038 0079 / 011 788 9592 | [www.oxfordhealthcareretreat.co.za](http://www.oxfordhealthcareretreat.co.za) | [info@oxfordhealthcareretreat.co.za](mailto:info@oxfordhealthcareretreat.co.za)

## RETREAT PACKAGES

Revitalising Day Experience	R	1 950
<a href="#">Accommodation Rate</a> (all inclusive)	R	From 1 750 single occupancy p/n. From 2 600 shared occupancy p/n

## THERAPY RATES

Deep Tissue Massage – 75 mins	R	850
Back, Neck and Shoulder Massage – 45 mins	R	600
Reflexology – 60 mins	R	500
Tre – 60 mins	R	500
Reiki – 60 mins	R	500
Shiatsu – 60 mins	R	850
Cranio Sacral Therapy – 60 mins	R	1 310
Indian Head Massage – 30 mins	R	350
Floatation Therapy – 45 mins	R	300
Immersive Experiential Pool Session – 75 mins	R	380 / R 650 (private)
Sauna – 45 mins	R	300
Music Sensorium – 45 mins	R	300
Private Yoga Class – 50 mins	R	450
Private Movement Class – 50 mins	R	450
Group Yoga Session – 60 mins	R	150
Group Qi Gong Session – 60 mins	R	150
Psychotherapy – 60 mins	R	1 200

## SPECIALS

1 x 60 mins class per week (Yoga / Qi Gong)	R	480 per month
2 x 60 mins class per week (Yoga / Qi Gong)	R	900 per month
10 x 60 min classes over 3 months (Yoga or Qi Gong )	R	1 200
2 x 45 mins Floatation Therapy	R	500 per month
2 x 45 mins Floatation Therapy & 4 x 60 mins Yoga Classes (Group) Combo	R	950 per month

## BOOKING IS ESSENTIAL

*"Your body hears everything your mind says"*

NAOMI JUDD



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## SKINCARE THERAPY BY BEVERLY FELDMAN (MBTH)

### FACIALS

Basic Facial	R	650
Deep Cleanse	R	450

### PEELING TREATMENTS

Exuviance Peeling Treatments	R	600
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### ENVIRON TREATMENTS

Hands on Facial and Peel Treatments – start from	R	500
Environ DF II Treatments – start from	R	700
Dermapen	R	1 600

### TINTING

Eyelash	R	120
Eyebrow	R	100
Eyelash and Brow	R	180

Laser Hair Treatments available on request

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