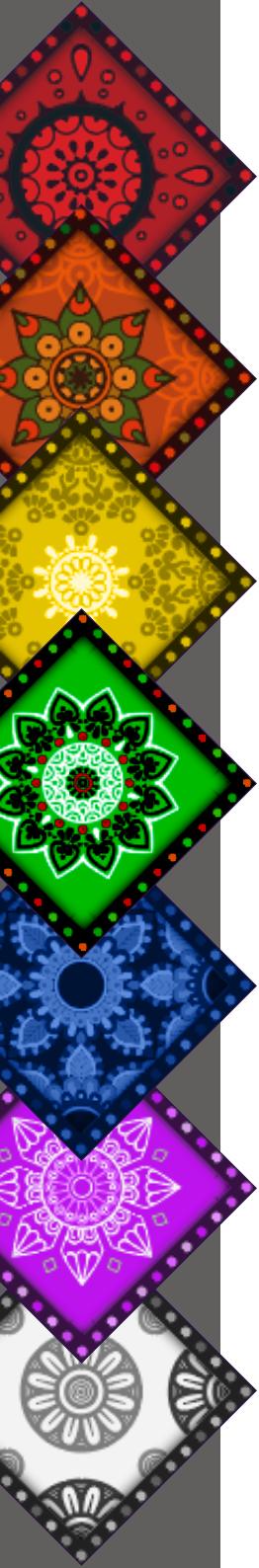




home of
the YIN
YANG

Incorporating the 7 Chakras



THE 7 CHAKRAS

All the Chakras reflect different frequencies of light and energy, or 'vital energy', and so they are associated with each energy center. Each color may be related to the function of its associated chakra. When we use the following colors, you could make the following associations:

Meaning of the red chakra color: Red is the color of the root chakra (first chakra); it symbolizes safety, survival, grounding, nourishment from the Earth energy. Note that in chakra healing practices, red may denote inflammation at the physical level.

Meaning of the orange chakra color: Orange is the color of the sacral chakra (second chakra); it carries meanings associated with emotions, creativity, sexuality, and is associated with water, flow.

Meaning of the yellow chakra color: is the color of the solar plexus chakra (third chakra); it symbolizes mental activities, intellect, personal power, will.

Meaning of the green chakra color: Green is the color of the heart chakra (fourth chakra); it is connected with love, relating, integration, compassion.

Meaning of the blue chakra color: Blue is the color of the throat chakra (fifth chakra); it symbolizes self expression, expression of truth, creative expression, communication, perfect form and patterns.

Meaning of the purple chakra color: Purple is the color of the third eye chakra (sixth chakra); it evokes intuition, extrasensory perception, inner wisdom.

Meaning of the white chakra color: White is the color of the crown chakra (seventh chakra); it's associated with the universal, connection with spirituality, consciousness

THERAPEUTIC REFLEXOLOGY

FIRST CONSULTATION | R800

This ancient massage therapy is designed to restore the whole being to balance and return to homeostasis.

Before the therapist presses and manipulates various reflex points in the feet and hands with a peppermint, tea tree and menthol cream, we first scrub the feet in rose water to emerge a feeling of being deeply rested and renewed.



TRADITIONAL CHINESE MEDICINE AND ACUPUNCTURE

 FIRST CONSULTATION | R1 450

This practice goes back several thousand years, since then it has been well preserved and continuously developed. Traditional Chinese Medicine and Acupuncture is characterized by its specific diagnostic techniques and therapeutic principles based on the practitioners interpretation of the physiological functions and pathological changes in the human body.

All Chinese Medicine treatments generally involve arriving at the appropriate TCM diagnosis or pattern. This pattern within the individual is what treatment is based on and not the general condition, we treat the cause and not the symptom.





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The Specialized Health Therapies are offered and performed by
our in-house registered healthcare Professional