

CHOOSE FROM OUR WIDE RANGE OF PROFESSIONAL TREATMENTS:

MASSAGE OFFERS

CATEGORY	Massage Offer	Price	Duration
POPULAR MASSAGES	Relaxing classic Oil Massage:	€25	30 min
	+ Partial massage (0.5 hr)	€40	60 min
	+ Full body (1 – 1.5 hr)	€55	90 min
	Deep Tissue/ Swedish Massage	€30	30 min
		€50	60 min
		€68	90 min
Ayurvedic Marma Massage (deep)	€45	45 min	
	€60	60 min	
	€70	75 min	
	€90	110 min	
ON DRESSED BODY	Shiatsu (also during Pregnancy – Japanese Energy work along Meridians)	€45	60 min
	Tuina (Chinese manipulative Massage – possible also as oil massage)	€50	60 min
		€68	90 min
	Thai Yoga Massage	€60	60 min
		€80	90 min
		€90	110 min
REFLE- XOLOGY	Foot Reflexology	€40	60 min
	Thai Foot Reflexology	€40	60 min
	Royal Thai Foot Reflexology incl scrub	€55	90 min

We use **organic oils and essential oils** and practise high hygienic standards.
Gift vouchers are available as well.

To book a treatment, please contact (+351) **913.127.421** *(also via WhatsApp)*
or email info@inlight.pt. Thank you! Inlight.pt/therapies

THERAPY & COUNSELING

CATEGORY	Therapy Offer	Price	Duration
ALTER-NATIVE THERAPIES	Shiatsu (Japanese Energy based on initial diagnosis)	€45	60 min+
	CranioSacral Therapy	€50	60 min
	Sound Massage (with Tibetan bowls)	€55	60 min
SPIRITUAL HEALING	Reiki (Usui Tradition)	€25 €40	30 min 60 min
	Reiki Drum session (Reiki & Shamanic sound healing)	€70	ca 90 min
	Aura Reading (and Clearing)	€60	60 – 90 min
EMOTIONAL WORK	Hypnotherapy	€45	ca 60 min
	Emotional Freedom Technique (EFT)	€40	60 min
	Psychotherapeutic Counseling/ Bioenergetic Analysis	€75	60 min
OTHER	Tarot Reading	€45	up to 1hr

We kindly ask you to **pay** for your treatment **in cash** as we haven't got card payment facilities. Thank you for your understanding!

If you wish to book **parallel treatments** at the same time, please book at least one day in advance. Parallel treatments can mostly be offered in the time period **from 2.15pm to 5pm or later in the evening**.

Useful to know when you book a massage is also, whether you are okay with both a male and female massage therapist.

Enjoy your sessions with our professional and dedicated InLight team!!

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