

CHOOSE FROM OUR WIDE RANGE OF PROFESSIONAL TREATMENT OFFERS:

MASSAGE OFFERS

CATEGORY	Massage Offer	Price	Duration
OIL MASSAGE	Relaxing classic Oil Massage: + Partial massage (0.5 hr) + Full body (1 – 1.5 hr)	€28	30 min
		€45	60 min
		€65	90 min
	Deep Tissue/ Swedish Massage	€35	30 min
		€58	60 min
		€80	90 min
	Deep Ayurvedic Marma Massage (deepest massage on offer, performed by a male therapist)	€50	45 min
		€65	60 min
		€75	75 min
€90		90 min	
€100		110 min	
ON DRESSED BODY	Shiatsu (Japanese Bodywork along Meridians, based on initial diagnosis – suitable also during Pregnancy)	€50	60 min
	Thai Yoga Massage	€60	60 min
		€80	90 min
		€90	110 min
Indian Head Massage incl. Facial Massage	€65	60 min	
FOOT REFLEXOLOGY	Thai or Chinese Foot Reflexology	€45	60 min
	Royal Thai Foot Reflexology incl scrub	€58	90 min

As of 21 Jan 2019

We use **organic oils and essential oils** and practise high hygienic standards.

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

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

THERAPY & COUNSELING

CATEGORY	Therapy Offer	Price	Duration
ACUPUNCTURE	Five Elements Acupuncture		
	First session	€45	up to 90min
	Follow ups	€40	up to 60min
ALTER-NATIVE THERAPIES	BodyTalk (A modern whole-healthcare system that treats the underlying causes of imbalances in a systematic & scientific way)	€65	50 - 75 min
	CranioSacral Therapy	€50	ca 60 min
	Sound Massage (with Tibetan bowls, etc)	€60	60 min
	Sound & Thai Massage (with 2 therapists treating one or two people at the same time)	€85	60 min
SPIRITUAL HEALING	ThetaHealing® (Transform deep blockages, anxiety, traumata, etc)	€60	60 – 90 min
	Healing Massage (Deep tissue massage & energetic rebalancing)	€80	90 min
	Reiki (Usui Tradition)	€30 €45	30 min 60 min
	Reiki Drum session (Reiki & Shamanic sound healing)	€70	ca 90 min
EMOTIONAL WORK	Hypnotherapy	€45	ca 60 min
	Emotional Freedom Technique (EFT)	€40	60 min
	Psychotherapeutic Counseling (Method: Bioenergetic Analysis)	€75	60 min
OTHER	Tarot Reading	€45	up to 1hr

As of 21 Jan 2019

Parallel treatments can mostly be offered in the time period from **2.15pm to 5pm or later in the evening**. Please book at least one day in advance.

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

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