

## 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	€65	90 min

As of 15 Feb 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](mailto:info@inlight.pt). Thank you! [Inlight.pt/therapies](http://Inlight.pt/therapies)

## THERAPY & COUNSELING

CATEGORY	Therapy Offer	Price	Duration
<b>ALTER-NATIVE THERAPIES</b>	<b>BodyTalk</b> (A modern whole-healthcare system that treats the underlying causes of imbalances in a systematic & scientific way)	€65	50 - 75 min
	<b>CranioSacral Therapy</b>	€55	60 min
	<b>Sound Massage</b> (with Tibetan bowls, etc)	€60	60 min
	<b>Sound &amp; Thai Massage</b> (with 2 therapists treating one or two people at the same time)	€85	60 min
<b>SPIRITUAL HEALING</b>	<b>ThetaHealing®</b> (Transform deep blockages, anxiety, traumata, etc)	€60 €75	60 min 75 - 90 min
	<b>Healing Massage</b> (Deep tissue massage & energetic rebalancing)	€80	90 min
	<b>Reiki</b> (Usui Tradition)	€30 €45	30 min 60 min
	<b>Reiki Drum session</b> (Reiki & Shamanic sound healing)	€70	ca 90 min
<b>EMOTIONAL WORK</b>	<b>Hypnotherapy</b>	€50	ca 60 min
	<b>Emotional Freedom Technique (EFT)</b>	€45	60 min
	<b>Psychotherapeutic Counseling</b> (Method: Bioenergetic Analysis)	€75	60 min
<b>OTHER</b>	<b>Tarot Reading</b>	€45	up to 1hr

As of 15 Feb 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!!**

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or email [info@inlight.pt](mailto:info@inlight.pt). Thank you! [Inlight.pt/therapies](https://www.inlight.pt/therapies)