

## 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 (For deeper therapeutic work)	€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	TuiNa (Deep Chinese Manipulative Massage – possible also with oil)	€58	60 min
		€80	90 min
	Thai Yoga Massage (Various techniques and movements, especially yoga-like stretches and acupressure are applied based on oriental principles)	€60	60 min
		€80	90 min
		€90	110 min
	Shiatsu (Japanese Bodywork along Meridians, based on initial diagnosis – suitable also during Pregnancy)	€50	60 min
FOOT REFLEXOLOGY	Thai or Classic Foot Reflexology	€45	60 min
	Royal Thai Foot Reflexology incl scrub	€65	90 min

As of 24 May 2019

**Parallel treatments** can mostly be offered in the time period **from 2.15pm to 5pm or at 8pm**. Please book at least one day in advance. **Payment by cash, please, or prepayment via PayPal** to [info@inlight.pt](mailto:info@inlight.pt).

To book a treatment, please contact (+351) **913.127.421** (also via [WhatsApp](https://www.whatsapp.com)) 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> (Biodynamic style)	€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>Family &amp; Systemic Constellation</b> (Free yourself from repetitive patterns.)	€75 €60	1st: 90 min 2nd: 60min
	<b>Hypnotherapy</b> (Overcome a variety of limitations during profound relaxation.)	€50	ca 60 min
	<b>Emotional Freedom Technique (EFT)</b>	€45	60 min
	<b>Life Coaching</b>	€60	60 min
	<b>Psychotherapeutic Counseling</b> (Method: Bioenergetic Analysis)	€75	60 min
	<b>Nerti</b> (Fast emotional clearing of fears and phobias)	€50	ca 60 min
<b>OTHER</b>	<b>Tarot Reading</b>	€45	up to 1hr

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

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