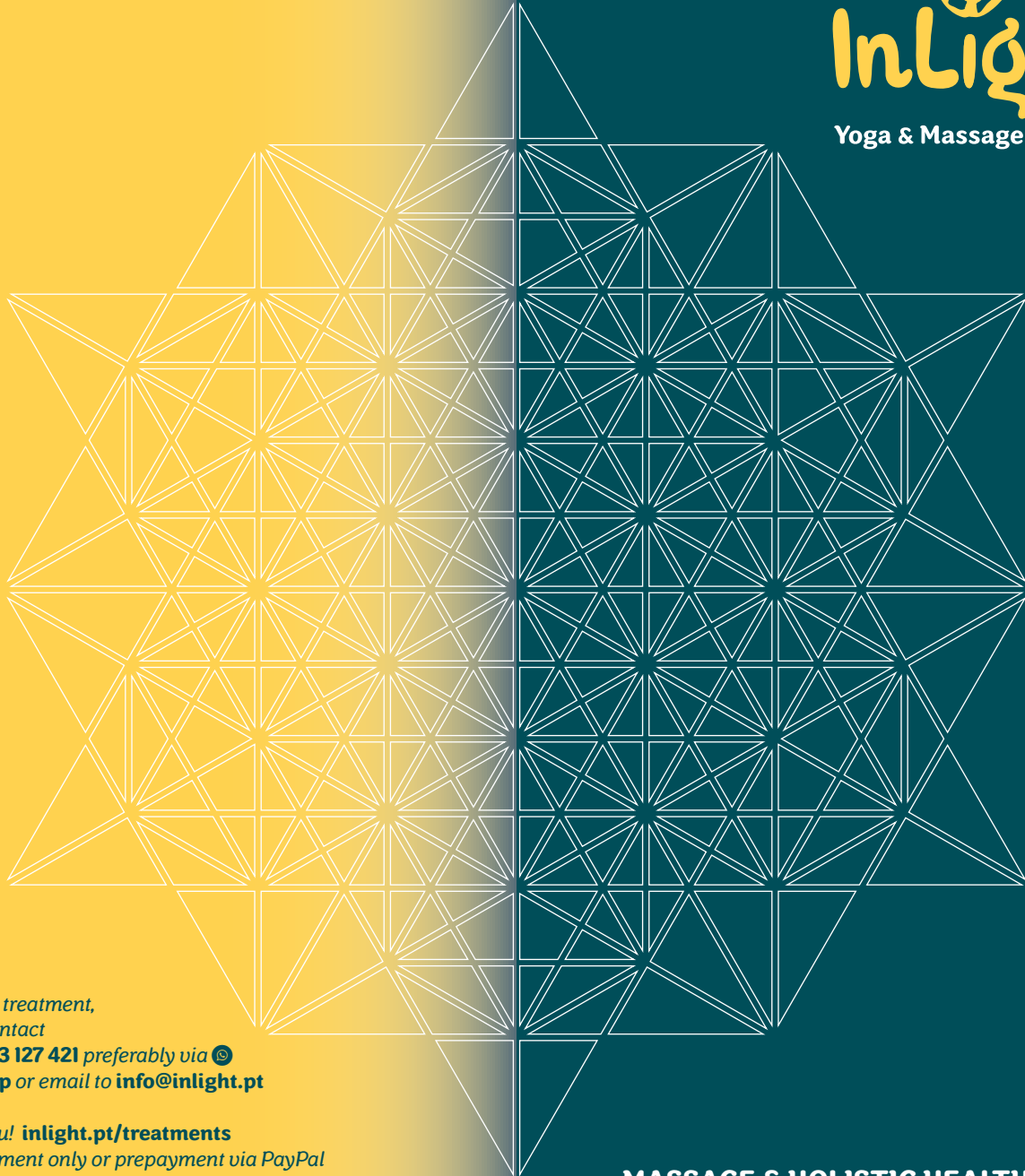





Yoga & Massage Studio



To book a treatment,  
please contact

**(+351) 913 127 421** preferably via   
**whatsapp** or email to **info@inlight.pt**

Thank you! **inlight.pt/treatments**

Cash payment only or prepayment via PayPal  
to **info@inlight.pt**. **Open 7 days & year-round**

**MASSAGE & HOLISTIC HEALTHCARE**

## MASSAGE OFFERS

- **OIL MASSAGE**
  - **Relaxing Classic Oil Massage**  
*A slower not so deep delight*  
30min - 28€ / 60min - 45€ / 90min - 65€
  - **Deep Tissue/ Swedish Massage**  
*For deeper therapeutic work*  
30min - 35€ / 60min - 58€ / 90min - 80€
- **AYURVEDIC OIL MASSAGE**
  - **Deep Ayurvedic Marma Massage**  
*Very popular & deepest massage on offer by a male therapist*  
45min - 50€ / 60min - 65€ / 75min - 75€  
90min - 90€ / 110min - 100€
  - **Deep Ayurvedic Body Work**  
*Stretches tight muscles and releases joint stiffness*  
60min - 65€ / 90min - 90€
  - **Classic Ayurvedic Massage**  
*A traditional Indian massage to balance body & mind*  
60min - 58€ / 90min - 80€
- **ON DRESSED BODY**
  - **TuiNa - Chinese Massage**  
*Deep Chinese Manipulative massage by a male therapist*  
60min - 58€ / 90min - 80€
  - **Thai Yoga Massage**  
*Experience pleasant rocking and twisting movements, joint and spine mobilizations and assisted yoga stretches*  
60min - 60€ / 90min - 80€ / 110min - 90€
  - **Shiatsu**  
*Japanese Bodywork along Meridians, based on initial Diagnosis – suitable also during Pregnancy*  
60min - 50€
- **FOOT REFLEXOLOGY**
  - **Classic or Thai Foot Reflexology**  
60min - 45€
  - **Royal Thai Foot Reflexology incl Scrub**  
90min - 65€
- **INNER EXPANSION**
  - **Healing Massage with energetic rebalancing**  
90min - 80€
  - **Taoist Yin-Yang Tantra Massage** *with Boaz Capsouto*  
2 hrs - 150€ / 2.5 hrs - 180€ / 3 hrs - 210€

## HOLISTIC TREATMENTS

- **BODY ORIENTED**
  - **BodyTalk™ Whole Healthcare**  
*A holistic energy medicine that supports the balance of emotional and physical health*  
50 - 75min - 65€
  - **CranioSacral Therapy** *Biodynamic style*  
60min - 55€
  - **Sound Massage with Tibetan bowls, etc**  
60min - 60€
- **EMOTIONAL WORK**
  - **Emotional Freedom Technique (EFT)** 60 min - 50€
  - **Family & Systemic Constellation** *Understand the truth and entangled love in the existing family or systematic dynamic, allowing transformation to take place*  
1st 90min - 75€ / Follow-up 60 min - 60€
  - **Nerti** *Fast emotional clearing of fears and phobias*  
ca 60min - 50€
  - **Transformational Breath® work** *Support your inner transformation, self-exploration & growth*  
120min - 100€
- **MIND MATTERS**
  - **Hypnotherapy** *Overcome a variety of limitations during profound relaxation*  
ca 60min - 60€
  - **Life Coaching / Mentoring** - 60min - 60€
  - **Psychotherapeutic Counseling** - 60min - 75€
  - **PandoraStar™ Brain/Mind Acceleration**  
*- Deep Trance Light Machine*  
Intro 60min - 50€ / Regular 60min - 75€
  - **Tarot Reading** *using your own intuition*  
ca 60min - 50€
- **SPIRITUAL HEALING**
  - **Reiki** *Usui Tradition or Other Healing/ Clearing Modalities*  
30min - 30€ / 60min - 50€
  - **Reiki Drum session** *Reiki & Shamanic Sound Healing*  
ca 90min - 75€
  - **ThetaHealing®** *Transform deep blockages, anxiety, traumata, etc instantly*  
60min - 60€ / 75 - 90min - 75€