

Mind  Body  Energy

# Holistic Treatments & In-tuition Coaching

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By Anna Maroudas



“Your body carries a profound, ancient wisdom that goes beyond words. Through a blend of coaching techniques and holistic therapies, I create a space where every part of you is invited to express itself—not just through conversation but through sensation, emotion, and intuition. This unique approach helps us decode your inner signals and create a personalised path to unlock what you need most to feel balanced, rejuvenated, and aligned with your truest, most vibrant life.”

*Shine bright  
Anna*



# Personal & Professional Coaching

## In-tuition Coaching

*One-on-one Session*

In-tuition is the art of tapping into your own inner wisdom—your personal compass that guides you towards authentic decisions and purposeful living. This coaching offers a unique blend of Inner Life Skills Coaching, practical wisdom, intuition, energy work, mindfulness, and meditation, creating a space where traditional goal-setting meets transformative self-discovery.

Through these guided sessions, you'll reconnect with your inner teacher, gaining clarity, and aligning with your true purpose. In-tuition Coaching provides gentle support and introspective practices that unlock deeper insights, empowering you to make choices that genuinely resonate with your values and authentic self. For those desiring a sustained journey, bi-weekly sessions are recommended for ongoing growth and alignment.

**Coaching Packages available on request**

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**Insight  
Inspiration  
Wisdom**



# Energy Recharge Therapy

## Mind-Body-Energy Recharge

*Signature Treatment*

This treatment is designed to guide you back into a natural flow state while nurturing your body, mind, and energy. By blending ancient healing wisdom with modern techniques, this experience fosters renewal and alignment, and helps elevate your vibration to a higher state of well-being.

We begin with In-tuition Coaching to uncover your physical and energetic needs, followed by a personalized blend of integrative therapies—sound healing, breath work, chakra balancing, and Healing Touch Therapy—to support your path to balance.

**75 minutes - R950**

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**Uplift  
Recharge  
Balance**



# Skincare Therapy

## The Goddess Glow Facial

*For HER*

Designed for the modern goddess seeking a radiant, natural glow, this rejuvenating treatment is crafted to illuminate your skin from the outside in. The bespoke facial combines naturally active ingredients with advanced techniques to deeply hydrate, renew, and brighten your complexion.

Featuring the Timeless Facial Massage, this experience goes beyond skin-deep, offering profound relaxation and energy balancing to align your mind, body, and energy.

**60 minutes - R900**

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**Radiance  
Revitalisation  
Nourishment**



# Skincare Therapy

## The Warrior Revitalising Facial

*For HIM*

Crafted for the modern Warrior with a busy and active lifestyle. This invigorating treatment delivers a quick, powerful boost to refresh and revitalise your skin. The facial deeply cleanses, hydrates, and rejuvenates your complexion, leaving you with a fresh, clean-skin feeling.

**60 minutes - R900**



**Validity  
Renewal  
Hydration**



# Body Therapy

## Timeless Body Massage

*A Balinese & Hawaiian Practice*

Experience the harmony of Balinese and Hawaiian traditions with this timeless body massage. Using rhythmic movements and deep healing techniques, this treatment melts tension, restores energy and promotes deep relaxation.

**60 minutes - R900**



**Relax**  
**Balance**  
**Recover**



# Get In Touch



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TREATMENT VOUCHERS AVAILABLE ON REQUEST



Shine bright  
Anna

