

**Life Coach / Therapist
& Facilitator Chakradance**
for awareness, healing & growth
Alexandra Langeveld



New in THE COSTA BLANCA !!!
Energy-treatment 'COME IN YOUR STRENGTH'

Foot/chakra treatment with essential oil including Reiki/Magnetics

Purpose of foot massage

Balance the chakra system from the foot to the body. The right side 'Yang', irrational The left side is the Yin, the sensitive side. By processing blocked energy the Kundalini flow freely and that promoted the overall feeling of well-being.

The treatment consist of 3 parts.

1. Foot bath

A delicious foot bath with a scoop of clay and/or Himalayan salt and added essence of your choice/needed. This causes tensions and any energy blockages will be removed. On your dry feet we use basic oil.

2. Foot massage

The feet are massaged with a massage oil with added some drops of essence of your choice/needed, or to a separate selection for each chakra essence.

3. Body

The treatment is sitting up. The energy treatment is especially so valuable, that growth by the changed consciousness of the people in this time, other needs with regard to healing. This treatment gives relaxation, brings harmony in the body and physical complaints get extra attention. You can choose for a personal additional essence. This essence you can use yourself at home for a good result!

Cost energy treatment (including foot bath, foot massage + bottle of oil-10 ml)

€ 45,00 for 75 minutes incl. 1 essence foot bath + 1 essence massage + bottle oil a 10 ml)

€ 55,00 for 90 minutes incl. 1 essence foot bath + 7 essences massage + bottle oil a 10 ml)

This is also great as a present !!!

I ALSO OFFER THE FOLLOWING SERVICES / TREATMENTS:

- * REIKI - MAGNETICS / CHAKRADANCE also retreats
- * MEDITATION / HYPNOSE / COACHING / THERAPY
- * AROMATHERAPY - GEMS-CRYSTALS - demonstration / sell
- * ONLINE SESSIONS / PROGRAMS / retreats - also individual



Do you want more information or an appointment, please contact Alexandra Langeveld

Facebook: Dance in Balance - Jouw Balans Coach

www.jouwbalanscoach.nl info@jouwbalanscoach.nl Tel: +34 657939635

All above possible on the island Schiermonnikoog NL Tel: +31 624909568