

Additional practice offers:

Holistic nutritional Consultation Joyful healthy eating!

The first consultation will determine the dietary type (5 elements, metabolism, and blood group). In the second consultation a life plan with nutritional recommendations will be provided. This will enable you to adjust some of your attitudes towards your eating habits considering the issues of your actual life situation. You will receive tips and hints for creative cooking with the 5 elements, herbs, seasonal products and whole foods. The simple adjustments will promote health and well-being "from the inside out".

For use with the following problems: weight gain/loss, skin, sleep, allergies, concentration fluctuations, food cravings and addictions, chronic pain.

Oil salty massage with Seaweed-Salt Rapunzel and excellent oils to purify and detoxify the body, an excellent peeling, strengthens the organism, vitalises and regenerates new energies – a wonderful tradition from India and Bali.

TDP Mineral "Moxalamp"

For any pain and skin problems, or chronic exhaustion.

Various: Renting Practice and course rooms for therapy, massage and courses.

Essential5 Products / Aroma and herbal shop:

Sales of ointments, oil mixtures, special organic Herbal Tea-mixtures (Harmony Yin, Comforting Yang) as well as all Farfalla aroma products and cosmetics. See also products and Bestelliste (prices and order form). Order per telephone, a visit in Weisslingen or per email or through the post.



Essential 5 further trainings, seminars, workshops

programme see PDF Kursagenda for download. Or through the mail.

These courses are suitable for all who wish to deepen their connection with nature, learn about natural methods such as aromatherapy, shiatsu, and spiritual healing. They are supplemented with motion elements from tango arg., afro, Contact Improvisation, circle and swing dance (Lindy Hop).

Special Projects / Coaching / Lectures / Event Organization

Essential5 creates individual projects, seminars and lectures on any specific issue, especially around health, efficiency and well-being at work (e. g. whole food meals, office massages - Shiatsu, health and energy coaching). Alternative methods can be very helpful for teambuilding and conflict resolution but also to strengthen personnel when in stress or hectic. For: organizations, schools, homes, institutions and business.

You express what you need and we will realize and organize the perfect programme for you and your team.

Important information about treatments:

I recommend a series of 5 to 12 treatments.

For the Shiatsu treatment please bring comfortable cotton clothes with you. A Shiatsu treatment lasts approximately one hour. If necessary a counselling or coaching can be integrated or added separately.

Language: German, English, French

Note: The appointments are binding. The Therapist must be notified of a cancellation a minimum of 24 hours before the appointment, otherwise the full rate will be charged.

Treatment and consulting costs per hour:

Weekdays: Shiatsu CHF 120 / Aroma Shiatsu CHF 125 / evening or weekends: CHF 130

Cash payment is expected.

Insurances:

In some cases, medical insurances may pay for or contribute to the treatment costs. Please get information directly from your insurance and ask for alternative additional insurance without a "franchise" so that Shiatsu is included.