

# New in Art Cafe

- **Reflexology Causale 60 min**

## The benefits of reflexology

Encourages the body to heal any current disorders

Relieves the effect of stress

Improves the immune system

Relieves pain

Encourages better circulation

Clears the body of toxins and others.....

- **Body massage with essential oil and shiatsu points 60 min**

## Some benefits of massage

Anxiety and stress

Insomnia

Chronic back pain

Lower back pain

Sinusitis

Tension headaches and more.....

- **Shiatsu of the back and the shoulders**

Shiatsu is a finger pressure technique based on the some principles as Chinese medicine.

Shiatsu is as acupuncture without needles.

**Ask for appointment and call Catherine on  
0866246557**

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I speak English

Je parle le Français

Ik Spreek Nederlands