

Therapy	Massage
Process	Working with all the body's systems, using 100% Therapeutic essential oils. Techniques can include Therapeutic, Swedish & Deep Tissue massage, Acupressure, Inhalations, Compresses & Reflex Zone Therapy.
Result	Helps to alleviate stress, improve muscle tone & circulation, aiding in the body's reaction to disease.
1 hour 35€ - 1 ½ hours 45€ - 2 hours 60€	

Therapy	Reflexology
Process	Stimulating predefined pressure points on the feet and/or hands, encouraging the flow of blood & stimulating the 7000 nerve endings.
Result	Alleviates the source of the discomfort. Effective for promoting good health and for preventing illness as it may be for relieving symptoms of stress, injury, and illness.
1 hour 35€	

Therapy	Reiki (Master)
Process	Placing of hands on corresponding chakras to channel universal light energy.
Result	Rebalances the energy systems when they have become out of balance, the strengthening of mind, body and spirit, the opening of energy blockages, the creation of a sense of well-being, and the healing of illnesses.
1 hour 35€	

Therapy	Indian Head massage
Process	Massage techniques with therapeutic essential oils, which treat the physical body as well as aiding the body's energetic flow. Relaxing and calming or energetic stress-busting. Working on central nervous system, energy pathways, chakras and marma points.
Result	Frees blockages, restores balance, relieves tension, stimulates circulation and improves joint mobility.
½ hour 25€	

Therapy	Raindrop Therapy with Foot Vitaflex
Process	Combines aroma therapy, using 7 single & 3 blended Young Living Essential Oils, massage techniques and heat to stimulate every organ, muscle and bone of the body at a cellular level. Vitaflex massages the foot to stimulate all the internal body systems to release energy to follow the nerve pathways.
Result	Boosts the immune system and helps enable the body to release toxins and eliminate viruses. It activates structural and electrical whole body alignment.
1 ½ hours 45€	

Therapy	Facial Treatments
Process	Aroma facial - Diagnostic back massage, 5 stage facial including face & scalp massage with therapeutic essential oils for your skin type. Natural aloe vera based products.
Result	Tension is released, skin is left feeling younger, healthier and glowing by the stimulation of the blood circulation, bringing nourishment encouraging cell renewal and eliminating toxins.
75mins 45€	

Therapy	Facial & Body Treatments Genie Complete The Ultimate Slimming & Toning System Genie Tech Microdermabrasion &
Modules	Non-surgical face lift. Slimming, toning & cellulite programmes, lymphatic drainage & Biotech. Microdermabrasion.
Results	Medically proven technology, versatile treatments tailored for specific requirements. Speak to your therapist for more detailed information.
Genie Complete from 30€ Microdermabrasion from 30€	

Packages are available with discounts and classic facial can be combined.

Contact Jennifer for your nearest location

(0034) 618184267

Home Visits Available

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Urb. Huerto de los Naranjos, C10

Mijas Pueblo

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The Chill Zone

Villa la Paz

www.the-chill-zone.com

Las Delicias, Coín

Packages available and all treatments are
tailored to the needs of the client.

Treatments can be combined.

Gift Vouchers Available

Nature's Philosophy

'Lose yourself in nature
& find peace.'

Take 10 – Non Surgical Face Lift 10mins

x1 Treatment	30€
x10 Treatments	270€

Face & Body Microtech 70 mins

Using Therapeutic Grade Essential Oils specifically for skin type

x1 Treatment	40€
x10 Treatments	360€

Skin Tech Microdermabrasion

Deep skin exfoliation, reduction of fine lines, wrinkles, small scars, dilated pores & skin imperfections. Assists & lightens stretch marks. Encourages new skin regeneration for suppler, brighter & softer complexion. Covers pigmentation spots & blood spots.

Express	30€	30 mins
Facial	45€	60 mins
Inc. Aroma Facial	60€	90 mins
Inc Aroma Facial & Massage	75€	1 ¾ hours

Using Natural Products and Therapeutic Grade Essential Oils, tailored to your needs.

Ultimate Take 10 - Non Surgical Face Lift/Microtech (45mins) (Inc therapeutic essential oils)

x1 Treatments	45€
x10 Treatments	400€

Eye Treatment

Lifts tones & revives sagging skin. Smooth fine line & wrinkles, tightens tissue & enhances circulation promoting instant radiance. 45mins

x1 Treatment	25€
x5 Treatments	100€

Slimtone Module 20mins

Slimming, Toning, Cellulite, Back Stress & Sciatica

x1 Treatment	30€
x10 Treatments	270€

Lymph Module

Lymphatic Drainage

Face 20 mins

x1 Treatment	15€
x5 Treatments	60€

Body 30 mins

x1 Treatment	20€
x5 Treatments	80€

Cellulite One-off 2hours

x1 Treatment	75€
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Genie Complete - The Ultimate Slimming & Toning System

Take 10 Non-Surgical Face Lift

As we get older our muscles shrink causing surrounding fat and tissue to take on a drooping appearance. With exercise and the right diet we can generally keep our bodies in shape but the facial muscles are more difficult to exercise until now.

When the facial muscles begin to shrink the drooping effect on the face can be very aging. By rebuilding the aging muscle mass to its previous state the face is fuller and benefits from a visible lift which can be retained with regular treatments. This full, healthier look also helps reduce the appearance of lines and wrinkles.

The Genie Take Ten is a perfectly natural way to exercise facial muscles.

Because we are "power" building, a 10 minute treatment is sufficient to achieve all that is possible in one session. For 24 hours after a treatment the muscles are still working and re-generating themselves.

Benefits of the Genie Take Ten

Medically Proven Technology

Treatments Take Only from Ten Minutes

Lift Brows, Enhance Cheekbones, Lift Corner of Mouth, Fills Out

Upper Lip, Sharpens Jaw Line, Helps Reduce Crepe Neck

Take Ten is simply to use and easy to apply

Clients do not need to remove eye make up

Skin texture and tone improves

Micro-Tech

Face & Body Skin Renewal

This module uses a micro-current to treat problem areas of the face and body such as pock marks, scars, stretch marks and loose skin around the bust area, abdomen and hands, it's also used in the last stage of a cellulite treatment to smooth out orange peel affect. Micro-current has healing properties and increases ATP levels which are muscle energy levels. This allows natural production of protein synthesis (elasticity of the skin) and Fibroblast activity (collagen production) giving the skin a firmer smoother, healthier look.

Genie's internal computer has refined the micro-currents to work in harmony with the body's own bio-electrical field. The body works from electrical impulses and therefore the micro-current helps tone; lift and re-educate the muscles back to their original position.

Micro-Current treatments are generally run as a course, averaging between 10 and 15 treatments. Some clients may need more than one course; this will depend on the client's skin tissue and their muscle tone.

Treatments available with Micro-Tech:

- Bust lifting
- Smoothes out orange peel
- Lighten scars
- Tones loose skin
- Reduces lines and wrinkles
- Brow lift
- Plump lips
- Reduces stretch marks

On completion of a course the client requires booster treatments; which occurs monthly or x2 monthly not only maintains but continues to build.