



JUNGLE HEALING

YOGA, MEDITATION,
THAI MASSAGE, PILATES
and more.....

Jungle Healing is a dedicated space to promote Natural health in any form of mindful activity. We have a range of classes to choose from throughout the week with highly experienced and professional teachers.

Join us for a group class, private session, or choose from one of our therapy options. We are here to help you cultivate a healthier lifestyle or simply provide a one-off experience for you to enjoy.

All equipment is provided, we advise to wear comfortable cloths. Our classes are suitable for everyone and available to book online any time during the week.

- FREE Parking
- Gift Vouchers available
- Therapeutic environment

Online booking only at:
www.junglehealing.co.uk



JUNGLE HEALING

*“You can touch hundreds of times
and you can apply as many techniques
as you like, but one with mindfulness
will heal.” - Jungle Man*

- Massage
- Workshops
- Courses
- Yoga
- Meditation
- Retreats

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www.junglehealing.co.uk

For more info contact Marek
07861 248294

marek@junglehealing.co.uk

*Find us at the lower ground floor
of the Arora Hotel, Crawley.*



JUNGLE HEALING

SWEDISH / DEEP TISSUE MASSAGE

Specially designed for tight, stressed and aching muscles. A massage that works right into the muscles to release pain and tension.

1 hour / £70 1.5 hours / £95 2 hours / £120

THERAPEUTIC MASSAGE

Therapy for a specific condition using a variety of techniques and styles to enhance the body's own healing potential (sciatica, shoulder, back, knee pain, headaches etc.)

1 hour / £70 1.5 hours / £95 2 hours / £120

FULL BODY MASSAGE

Experience the healing effects in a relaxing and restorative massage using a synergy of essential oils to relieve tension, stress and to restore a feeling of well - being .

1 hour / £70 1.5 hours / £95 2 hours / £120

THAI OIL / HOT STONE FUSION

An ancient Thai massage, acupressure, stretches combined with soothing oil and hot stones to rejuvenate the body, mind and soul. Full body deeply nourishing treatment.

2 hours / £120 2.5 hours / £145

THAI YOGA MASSAGE

Sacred healing art, working on the energy lines, using hands, knees, elbows and feet in combination with Yoga stretches and acupressure to release blockages and to restore natural flow of energy. It's relaxing and inner peace promoting experience.

1 hour / £70 1.5 hours / £95 2 hours / £120

DE-STRESSING THERAPEUTIC COMBO

Holistic full body oil/hot stone massage finished with foot reflexology to bring pain relief, increase circulation, ease muscle tension, calm the mind and provide a general sense of well-being.

2 hours / £120 2.5 hours / £145

FOOT MASSAGE (REFLEXOLOGY AND THAI)

A therapy, which induces deep relaxation and promotes well-being, harmony and balance in the body.

1 hour / £70

INDIAN HEAD / ONSITE CHAIR MASSAGE

Therapeutic blend of Indian head massage and seated acupressure chair massage to ease the pains, de - stress and nurture the mind and spirit.

45 mins / £55 1 hour / £65