



Healthy Choice

www.healthychoice.co.za | markus@healthychoice.co.za | 072 952 3630

PRODUCTS

Herbal Tinctures (100ml).....	R180
Crystal Essences (30ml).....	R180
Crystal Essences Roll-on (10ml).....	R180

ENERGY HEALING

Kinesiopractic (ICPKP).....	30 min: R320 • 60 min: R460 • 90 min: R600
Lithotherapy / Crystal Healing.....	30 min: R320 • 60 min: R460 • 90 min: R600
Aura Healing & Chakra Balance.....	30 min: R320 • 60 min: R460 • 90 min: R600
Polarity Therapy.....	30 min: R320 • 60 min: R460 • 90 min: R600
Energetic Recalibration (ER).....	30 min: R320 • 60 min: R460
Reiki (Traditional Usui Style).....	30 min: R320 • 60 min: R460 • 90 min: R600
Tachyon Attunement.....	60 min: R460 • 90 min: R600
Shamanic Healing.....	30 min: R320 • 60 min: R460 • 90 min: R600
Past Life Regression.....	90 min: R880 • 120 min: R1000
Auricular Acupuncture (Ear).....	30 min: R300

BODY WORK

Kinesiopractic (ICPKP).....	30 min: R320 • 60 min: R460 • 90 min: R600
Shiatsu (Namikoshi Style).....	30 min: R320 • 60 min: R460 • 90 min: R600
Holistic Massage.....	30 min: R320 • 60 min: R460 • 90 min: R600
Hara Massage / Abdominal Massage.....	60 min: R460
Dry Needling.....	30 min: R340 • 60 min: R480
Kinesio-Taping.....	30 min: R340

READINGS / COACHING / TRAINING

Soul Plan Reading + Grace Clearing and Soul Realignment.....	90 min: R1200
Rune / Angel Card Readings.....	30 min: R320 • 60 min: R460 • 90 min: R600
Reiki Training.....	Level 1: R2100 • Level 2: R2100 • Master Level: R5400
Munay Ki Karpay Kuna + Teacher Training.....	9 Rites: 22 – 25 weeks / Teacher Training: 9 weeks
Breath-work & Qi Gong.....	30 min: R320 • 60 min: R460 • 90 min: R600
Holistic Health Coaching.....	30 min: R320 • 60 min: R460 • 90 min: R600
Tachyon Dowsing & Consultation.....	30 min: R320 • 60 min: R460

COMBOS

Energy- / Body Work.....	60 min: R460 • 90 min: R600 • 120 min: R600
Energy- / Body Work with Needling / Taping.....	60 min: R340 • 90 min: R480 • 120 min: R620

LAND, HOME AND OFFICE

Energetic Space Clearing.....	R660/hour (excl. travel)
Geopathic Stress Release.....	R320/hour (excl. travel & Tachyon Products)
Shamanic Ceremony.....	R660/hour (excl. travel)

CANCELLATIONS & NON-ARRIVALS

A cancellation fee equal to half of the scheduled appointment will be payable for any appointments cancelled less than 48 hours in advance. The full amount of a scheduled appointment is payable if the appointment is cancelled less than 24 hours in advance or if a client fails to arrive for a scheduled appointment.

DISTANCE/REMOTE HEALING

Remote healing can be done via Skype/Zoom. Remote healing prices: 30 min: R420 • 60 min: R560 • 90 min: R700.

To make an appointment contact: Markus 072 952 3630
T/Dr Markus van der Westhuizen Dip. H SAH, TMP ANHA, Dip. TT DMS, Adv.Dip. PKP ICPKP

KINESIOPRACTIC

Kinesiopractic is a non-invasive treatment that evaluates and balances an individual's structural, chemical and mental health through a variety of therapeutic techniques, including nutritional, counselling, joint/muscle manipulation, acupressure, and exercise. Evaluations are done by manual muscle monitoring (muscle testing).

REIKI

Reiki is a non-invasive energy healing modality originating from Japan. Clients remain fully clothed and are covered with a blanket or a sheet. The treatment involves placing hands on the client and allowing the Universal Life energy to flow through to the client.

AURA HEALING & CHAKRA BALANCE

Aura Healing is a non-invasive energy healing modality. Etheric damage like tears, blockages and leaks are removed and cleared from the auric field. For most part the treatment does not involve touch, but some techniques may require limited or gentle touch. Chakra repair and balancing also form part of this healing protocol.

POLARITY THERAPY

Polarity Therapy combines Astrology, Ayurvedic medical concepts, Chinese medical concepts, Yogic philosophy, Chiropractic techniques, Osteopathic techniques and Naturopathic techniques. It was developed in the late 1950's by Dr. Randolph Stone.

ENERGETIC RECALIBRATION (ER)

Energetic Recalibration assists the body by energetically calibrating — clearing and resetting — the state of proprioceptor receptors in the body the spine and the rest of the skeletal system comes into proper alignment, releasing stress and pain, allowing the body to self heal naturally.

TACHYON ATTUNEMENT

Tachyon Illumination is a non-invasive energy healing modality. Tachyon tools are placed on and around the body to clear and energise the auric field. Tachyon tools are manufactured in Germany and energised in a zero-point machine. Learn more about at www.orionis.co.za.

PAST LIFE REGRESSION

Hypnotherapy to accesses past life memories which are below the level of the conscious awareness, clearing

the unresolved conflicts from the past that have been distorting our mental, emotional and physical well-being.

SHIATSU

Shiatsu in Japanese means "finger pressure"; A treatment consists of finger, palm and elbow pressure, stretches, and other massage techniques, including meridian tracing and energy holds.

HARA MASSAGE

ABDOMINAL MASSAGE

Hara massage focuses on massaging, stimulating and activating the abdominal organs and also working on deep muscles of the body through reflex points. This particular technique is good for lower back pain and also to support digestion.

DRY NEEDLING

Dry needling is an invasive procedure where an acupuncture needle is inserted into the skin and muscle. It is aimed at myofascial trigger points which are hyperirritable spots in skeletal muscle that are associated with a hypersensitive palpable nodule in a taut band. The result of dry needling is pain relief and restoration of healthy physiology.

KINESIO TAPING

Kinesio Tape alleviates discomfort and facilitates lymphatic drainage by microscopically lifting the skin. This lifting affect helps to decrease inflammation, reducing pressure while enabling a more effective flow of blood and lymphatic fluid in and out of the target area.

SOUL PLAN READING

Your birth name has hidden within it your life's blueprint, the life's journey your soul intended. This plan brings with it a unique combination of challenges and talents that we must conquer and embrace to reach our soul destiny.

MUNAY KI KARPAY KUNA

The Munay Ki Karpay Kuna are a series of nine empowerment rites based on the initiatory practices of the Q'ero shamans of Peru. "Munay" means "love and will", "ki" means "energy", combine to give the meaning: energy of love.

BREATH-WORK & QI GONG

A set basic Qi Gong exercises to remove blockages and energise the meridian system. The exercises are easy on the body and are safe to teach children and adults of all ages.

For more information contact: Markus 072 952 3630 / 023 230 0066

T/Dr Markus van der Westhuizen Dip. H SAH, TMP ANHA, Dip. TT DMS, Adv.Dip. PKP ICPKP