



Zaazen/Heal:

Recovery Programs and Treatments

A curated suite of recovery programs and treatments, thoughtfully designed to support individual goals while enhancing overall wellbeing and longevity.

Our programs blend targeted therapies with restorative practices to help the body recover, rebalance, and perform at its best.



Enquire at 9911150457



Zaazen Reset: Cortisol & Inflammation Recovery Program

A guided reset of your nervous system, helping regulate cortisol levels, reduce inflammation, and restore your body's natural ability to heal, recover, and thrive. Through a curated blend of therapeutic bodywork, movement, recovery technologies, and lifestyle guidance, each session works synergistically to leave you feeling lighter, calmer, and deeply restored.

Program options:

14-Day Reset (Introductory Rebalance)

A gentle yet effective reset designed to reduce stress and initiate balance.

- 4 Restorative Body Therapies (Two 90 minute Lymphatic Drainage massage + Two 60 min Relaxation Massage)
- 3 Red Light Therapy Sessions
- 2 Far Infrared Sauna Sessions
- 3 Yoga / Sound Healing Sessions from our weekly group schedule
- 1 Nutrition Consultation

Ideal for: First-time clients or those looking for a quick reset

Validity: 28 days

**Price available on request*



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21-Day Reset (Signature Program)

Our most recommended program for noticeable shifts in energy, stress, and overall wellbeing.

- 6 Restorative Body Therapies (Three 90 minute Lymphatic Drainage massage + Three 60 min Relaxation Massage)
- 5 Red Light Therapy Sessions
- 4 Far Infrared Sauna Sessions
- 5 Yoga / Sound Healing Sessions from our weekly group class schedule
- Nutrition & Lifestyle Guidance

Ideal for: Deeper cortisol regulation, inflammation reduction, and sustainable results

Validity: 40 days

**Price available on request*

28-Day Reset (Signature Program)

A comprehensive, immersive experience designed for profound physical and mental transformation.

- 8 Restorative Body Therapies (Four 90 minute Lymphatic Drainage massage + Four 60 min Relaxation Massage)
- 8 Red Light Therapy Sessions
- 8 Far Infrared Sauna sessions
- Unlimited Yoga / Sound Healing from our weekly group class schedule
- Personalised Guidance & Check-ins

Ideal for: Chronic stress, burnout recovery, or a complete mind-body reset

Validity: 90 days

**Price available on request*



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PCOS Wellness Program (Hormonal Balance Reset)

A targeted program designed to support women managing PCOS through movement, therapy, and guided nutrition.

Includes:

- 2 Red Light Therapy Sessions
- 4 Private Yoga Sessions (hormone-balancing & stress-reducing)
- 4 Physiotherapy Sessions
- 2 Nutrition Consultations

Ideal for: Women dealing with PCOS, hormonal imbalance, irregular cycles, or metabolic concerns

Validity: 45 days

**Price available on request*

Women's Wellness Program (Endometriosis, Perimenopause & Menopause Support)

A restorative program focused on pain relief, hormonal support, and overall wellbeing during key hormonal transitions.

Includes:

- 4 Physiotherapy Sessions
- 2 Nutrition Consultations
- 2 Far Infrared Sauna Sessions
- 2 Restorative Body Therapies (One 90 minute Lymphatic Drainage massage + One 60 min Relaxation Massage)

Ideal for: Women experiencing endometriosis, perimenopause, menopause, hormonal discomfort, or chronic inflammation

Validity: 45 days

**Price available on request*



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Metabolic Reset Program

A results-driven program designed to boost metabolism, support detoxification, and enhance overall energy through targeted therapies and movement.

Includes:

- 2 Advanced Lymphatic Sculpt Treatments with tools and hands on techniques
- 2 Hands On Lymphatic Drainage Treatment
- 2 Nutrition Consultations
- 4 Far Infrared Sauna
- 8 Cardio-Based Workout Sessions

Ideal for: Individuals looking to improve metabolism, support weight loss, reduce water retention, and build sustainable energy levels

Validity : 60 days

**Price Available on request*



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Lymphatic Fascia Flow Ritual

A deeply restorative full-body experience designed to enhance natural flow, support detoxification, and leave you feeling lighter, sculpted, and re-energised.

The Ritual:

1. Guided Activation

A short, rhythmic movement sequence to stimulate circulation and prepare the body for deeper work.

2. Full Body & Facial Lymphatic Bodywork

Targeted, slow techniques to reduce puffiness, support detox pathways, improve skin clarity, and create a more contoured, sculpted appearance.

3. Detoxifying Steam

A full-body steam to promote deep cleansing, relaxation, and overall renewal.

Results

Feel lighter, less bloated, and visibly more sculpted, with a renewed sense of balance and energy.

Price available on request

Duration : 2 hours

Price available on request



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