

Welcome!

I'm Katja, a trained aromatherapist with over 20 years of experience. I'm excited to be offering massages at **Temenos** and invite you to join me for a revitalising treatment in **Merton**, the serene on-site therapy room.

**Book a 60-minute massage
for R600**

My Journey: I've had the privilege of working on Sue Cooper's **Stillmind Silent Retreats** for 11 years and have two years' experience in paediatric massage at **Red Cross Children's Hospital**. I've also provided treatments at **Stillness Manor Spa** in Tokai and **The Spa at The Twelve Apostles** in Cape Town.

My training includes a two-year diploma completed under Moyra Metcalfe at the **Cape Institute for Allied Health Studies**, with a focus on Swedish massage, lymphatic drainage, and pregnancy massage. In addition, I am certified in the **M-technique**, a light-touch therapy commonly used in palliative care.

I'm passionate about enhancing wellbeing through therapeutic touch and would love to help you relax and recharge during your visit.

Please WhatsApp me on 072 442 4527 to make a booking. I will meet you at **Reception** 15 minutes before your treatment starts.

