

WELLNESS TECHNOLOGIES

HBOT (30 minutes)

Access increased levels of oxygen, boosting your health, energy and vitality.

Single Session	R1,000
5 pack (+1 comp)	R5,000
10 pack (+3 comp)	R10,000

HBOT (60 minutes)

Access increased levels of oxygen, boosting your health, energy and vitality.

Single Session	R2,000
5 pack (+1 comp)	R10,000
10 pack (+3 comp)	R20,000

CRYOTHERAPY (1-3 minutes)

Speed up recovery, relieve pain and improve athletic performance.

Single Session	R800
5 pack (+1 comp)	R4,000
10 pack (+3 comp)	R8,000

RED LIGHT THERAPY (20 minutes)

Promote cellular repair, reduce inflammation, and enhance collagen production.

Single Session	R400
5 pack (+1 comp)	R2,000
10 pack (+3 comp)	R4,000

INFRARED SAUNA (20-30 minutes)

A gentle, radiant energy that penetrates deep into your skin and tissues, promoting a range of health benefits.

Single Session	R600
5 pack (+1 comp)	R3,000
10 pack (+3 comp)	R6,000

OZONE SAUNA (20-30 minutes)

A combination therapy of heat steam, oxygenation and detoxification.

Single Session	R500
5 pack (+1 comp)	R2,500
10 pack (+3 comp)	R5,000

PEMF (12 minutes)

Enable cells to recover their ability to create energy, function and regenerate.

Single Session	R300
5 pack (+1 comp)	R1,500
10 pack (+3 comp)	R3,000

OZONE SAUNA + PEMF

A combination of ozone steam sauna and PEMF.

Single Session	R600
5 pack (+1 comp)	R3,000
10 pack (+3 comp)	R6,000

MEDITATION POD (15-30 minutes)

An experience that combines ancient healing practices with modern technology.

Single Session	R300
5 pack (+1 comp)	R1,000
10 pack (+3 comp)	R1,750

COMPRESSION BOOTS (20-30 minutes)

Stimulate circulation and lymphatic flow, encouraging the body to flush out toxins and excess fluids.

Single Session	
5 pack (+1 comp)	
10 pack (+3 comp)	

FUNCTIONAL WELLNESS IV DRIPS

MIND	<p>MOOD BOOST</p> <p>Experience relief from everyday stressors and put your mind at ease with body-balancing ingredients</p> <p>Myers' Cocktail</p> <p>R1500 (200ml saline)</p>	<p>REVITALIZE</p> <p>This IV is scientifically formulated to enhance energy levels, help you stay focused and boost your brainpower</p> <p>Magnesium Methylated B Complex Glutathione Methylated B12</p> <p>R1550 (200ml saline)</p>
	<p>REHYDRATE</p> <p>A massive dose of electrolytes + fluids sent into your bloodstream to boost your energy and flush out toxins</p> <p>Sodium chloride (saline) Electrolytes</p> <p>R395 (1L saline)</p>	<p>DETOX</p> <p>A mega dose of hydration + a vitamin blend - relief from food poisoning, dehydration, jet lag, inflammation</p> <p>Magnesium B Complex Glutathione B12</p> <p>R1750 (1L saline)</p>
BODY	<p>RECHARGE</p> <p>Increase energy, enhance mood, stimulate the immune system and keep nerve function healthy.</p> <p>Methylated B12 Methylated B Complex</p> <p>R945 (200ml saline)</p>	<p>REBOOT</p> <p>Boost proper red blood cell formation, neurological function, cell metabolism and DNA synthesis.</p> <p>Methylated B12 Magnesium Methylated B Complex</p> <p>R1145 (200ml saline)</p>
	<p>DEFENCE</p> <p>Perfect for those who need a quick turnaround or boost to their immune defences</p> <p>High dose Vitamin C</p> <p>R945 (200ml saline)</p>	<p>SUPERCHARGE</p> <p>Helps the body's defences to fight inflammation and infection, great for a depleted immune system & pre-travel</p> <p>Vitamin C B Complex Zinc Magnesium B12</p> <p>R1400 (200ml saline)</p>
ENERGY	<p>GLOW</p> <p>Reveals glowing, radiant skin while boosting your immune system with the master antioxidant Glutathione</p> <p>Glutathione Vitamin C</p> <p>R1095 (200ml saline)</p>	<p>ILLUMINATE</p> <p>Stimulate healthy hair and nails and promote the health of your skin's membrane for an all-natural glow</p> <p>Glutathione Zinc Vitamin C B Complex</p> <p>R1395 (200ml saline)</p>
	IMMUNITY	
BEAUTY		

PHYSICAN FORMULATED, QUALITY IVs.....

A 30-45 MINUTES NEXT-LEVEL HEALTHY EXPERIENCE

EXPERIENCE

IV LOUNGE

Optimize your health while you relax and escape from the world in the comfort of our custom lounge chairs,

Select from our optional extras...

Compression Boots - massage and loosen stiff muscles and joints

Acupuncture Pads - acupressure petals massage your back and neck, alleviating stress and tension

NuCalm - brain wave therapy to recharge and reboot your brain health

ADD-ONS

PERSONALIZE YOUR DRIP

Our drips are designed to address your personal wellness needs, so you can get ahead of your health before it catches up to you. You can add a selection of optional ingredients to your drip following a consultation with the nurse.

Magnesium (R75) Zinc (R250)
B Complex (R150) Glutathione (R225)
B12 (R300)

For a more hydrating drip we can use 1L of Saline (R180). This adds 30 mins to the drip time.

PACKAGES

BUNDLE & SAVE

Do you drip on the regular?

Save 20% with a 5 Pack of IV Therapy Drips

Save 30% with a 10 Pack of IV Therapy Drips

CALL/WHATSAPP | +27 (0)66 448 0238 TO BOOK
10 Kloof Rd, Sea Point, Cape Town

BACKED BY SCIENCE
RECLAIM YOUR HEALTH AND WELLNESS

**QUESTIONS ABOUT HOW WE CAN
HELP YOU FEEL YOUR BEST?
LET'S CHAT.**

 DM US ON: INSTAGRAM

 CONNECT WITH US ON: WWW.EXPAND.HEALTH

 CALL/WHATSAPP US ON: +27 (0)66 448 0238

10 KLOOF RD, SEA POINT, CAPE TOWN

WE'RE HERE TO MAKE THE WORLD A
HEALTHIER, HAPPIER PLACE.

ONE BODY AT A TIME.

BECAUSE A HEALTHIER, HAPPIER BODY
IS THE KEY TO A HEALTHY, HAPPY LIFE.

THE SCIENCE TELLS US SO.