

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

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](http://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.**