

Plant Medicine Healing

Sangoma medicine involves age old ways of working with medicinal plants. The idea behind the treatments is to help balance & strengthen the spirit of the individual. John will be using a combination of local and South African medicinal plants. An infusion of plants is prepared in water. Clients will place their feet in a foot basin of plants for a deeply relaxing and invigorating plant treatment.

These treatments are suitable for a variety of conditions, such as fatigue, low energy, depression, insomnia, dream disorders etc. They are also beneficial for therapists suffering from 'healers fatigue' brought on by seeing many clients.