Hoi Body Lifstyle Studio

2c Reyneveld Street
Stellenbosch
Stellenbosch

Phone: +27 825699791

Hoi Body Lifestyle Studio is a Massage, Reflexology, Lynotherapy and Personal Training Studio situated on the corner of Dorp and Reyneveld Streets in the heart of Stellenbosch. We opened our doors in February 2009 and have already made a name for ourselves amongst Stellenbosch locals. Our premises provide the perfect setting for relaxing, unwinding and experiencing the sounds of everyday life in Stellenbosch while you are being pampered in a quaint room overlooking Reyneveld Street.Our training approach is different. We focus on lifestyle training and getting out and enjoying nature while you are doing your workout. Therefore we do not have a big gym with lots of equipment, but we rather focus on functional training methods and an enjoyable environment. Have a look at what we have to offer:Therapeutic ReflexologyThis form of foot pressure point stimulation, labelled as Traditional Chinese Medicine is designed to cause deep relaxation that boosts the entire body. You can expect to sleep better, feel energised and experience the positive effects of detoxification. Research shows that Reflexology is an effective treatment for a wide range of stress-related conditions, including infertility and irritable bowel syndrome. It is most effective when you come for a series of treatments. To experience the health benefits of Reflexology, contact us for an appointment.

Mobile: +27 824758345

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