

Well, Naturally Mossel Bay



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Discover How Great Your Body Was Designed to Feel. A Blend of Physiology and Complementary Therapies. Supporting the Body to Heal, Naturally. Welcome to Well Naturally, your sanctuary for holistic healing and natural wellness nestled in the heart of Mossel Bay. Join us on a journey to reconnect with your body, mind, and spirit through personalized retreats and immersive experiences. At Well Naturally, we believe in the profound connection between humanity and nature. Our approach to wellness is deeply personal and profoundly transformative, guiding you towards self-discovery and holistic well-being. ABOUT Susan Smit is the owner of Well Naturally, Mossel Bay. With a rich background in psychology, Pranic Healing, Trigger Point Therapeutic Massage, Reflexology, and more, Susan brings a wealth of knowledge and a compassionate touch to her practice. HEALING

APPROACHES Metaphysical Health Practitioner: Susan steps into the personal healing space of her clients, offering guidance and understanding. She helps clients connect with their intuition and addresses the root causes of their issues. By integrating spiritual principles, Susan aims for deeper healing beyond just symptom management. Natural Health Practitioner: Susan emphasizes treating health

conditions by addressing underlying causes, promoting overall wellness, treating the Whole Person; with the intention of prevention.

Integrated Health Practitioner: Susan combines conventional and complementary approaches, addressing health concerns while considering physical, emotional, mental, and spiritual aspects.

WHAT WE OFFER

RETREATS – Mossel Bay

Where is it? Retreats in Mossel Bay are offered in Boggomsbaai which is a coastal holiday village in the Mossel Bay area in the Western Cape province of South Africa. Located in the center of the bay called Vleesbaai, the village is accessed by a single road, approximately 28.8 km from Mossel Bay Municipality.

Time for a lifestyle change... Join one of our Well, Naturally Detox & Transformation Programs in Boggoms Bay for a rejuvenating retreat at the Southern tip of Africa. This retreat program is designed for individuals who wish to cleanse, alkalize and detox their body.

Accommodation. We try not to tell everyone, but it is a special place. Look here! Just about midway between Port Elizabeth (Nelson Mandela Bay) in the Eastern Cape and Cape Town in the Western Cape, Boggomsbaai is a rustic seaside village that is a celebration of the South Africa of yesteryear.

What is available?

3 Day This retreat program is designed for individuals who wish to cleanse, alkalize and detox their body. [Read more](#)

7 Day This program is designed for individuals who wish to kickstart & cleanse, alkalize and detox their body. [Read more](#)

Who is it for? This 21 day (well 26 Day) Program was designed from a place of inspiration for healing, with the intention of doing it, Naturally.... the body is an amazing organic tool (the most amazing actually!!), and gift, which is self-healing and here to serve our needs every moment And every day of our lifetime, well the current one for those who believe it possible. (No judgement there) and resulting in a PH improved and alkaline body.. Creating a platform for optimal self healing and balance. People who suffer with chronic anxiety or ..Someone who has brain fog indecisiveness – Feeling unsure ill health depression constant fatigue chronic pain If you are looking for a better life balance and feeling lost in fatigue..... and burnout ... like everything is getting too much to handle... and like you are not able to keep everything together... And for everyone who needs to reconnect with them Self ... anyone who wants to move back to the feeling of comfort and ease in the body....

[For someone](#)

with a health or medical challenge and want to take back the control of their health and choices...and power to heal, naturally. Consider the investment of health and pre-caution and book now for our 7-, 14- or 21-Day program retreats. Join our treatment plans right next to the ocean with macdreamy views and holiday vibes at the ocean seaside ... the optimal South African health retreat / weight loss / lifestyle change / stress release / anti stress / natural Wellness choice program to create a platform now for a happy 70+ year old body.

BODYWORK Trigger Point Therapy / Massage

This Touch Therapy known as Trigger Point Therapy / Massage, offers a range of specialized techniques, using a combination of massage disciplines and healing practices to create a truly unique touch experience. A Blend of physiology and complimentary Therapies. With a (w)holistic approach to massage, we understand that every BODY is different, and has differing healing needs. When massage is received on a regular basis, it helps to maintain a healthy, balanced body and mind. Optimum health is an essential ingredient to experiencing life at its best. Invest in the Wellness of your body, it is the most powerful tool you have. Trigger Point Therapy combined with Massage Therapy WORKS !! Remember... You are not your body. Your body represents what you eat, what you think, what you feel and what you believe... Pain is a way your body can communicate with you. Learn to LISTEN. TO LEARN MORE, [CLICK HERE TO REDIRECT TO OUR WEBSITE](#).

Lymphatic Drainage Massage

The lymphatic system is one of the most overlooked yet significant systems in the body. This expansive system travels throughout the body to remove waste from every cell in the body, it is a slow-moving system of channels and lymph nodes that adds to the body's circulatory system. The lymphatic system delivers nutrients to the cells and secretes excess water, cellular waste, bacteria, viruses and other unwanted toxins. Lymph drainage massage is not the typical massage of the skin and muscles, it is a very complex process. The pressure is very light / softer than the weight of a coin, just the opposite of a deep massage, using firm pressure. If the pressure is too hard, the lymphatic system will probably not be affected, because it is directly below the skin. TO LEARN MORE, [CLICK HERE TO REDIRECT TO OUR WEBSITE](#).

Foot Reflexology

Acupressure

This is a Reflex Zone treatment and stimulates and normalizes the

three major systems (Circulation, Nervous and Endocrine) and therefore boosts the immune system which in turn prevents illnesses and dis-eases from occurring. As the reflex zones on the feet are treated, the natural healing forces within the body are released and mobilized, restoring the body to harmony, producing a deep and unique feeling of balance, relaxation and well-being. The most powerful aspect of reflexology (incorporating the metaphysical aspects) is that it is a preventative health care method through dispersing and releasing blocked energy and crystals of calcium and uric acid (toxic wastes) that have built up within the body's many meridian lines and unblocks the 7200 reflex points on the foot. TO LEARN MORE, [CLICK HERE TO REDIRECT TO OUR WEBSITE.](#)

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