



Company Profile

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1. The Facts About Stress

South African's face more extreme stresses daily than many other nations. Stress leads to potentially dangerous health problems, alcohol and drug dependence, relationship problems, anxiety and general deterioration of overall well-being. Healing Body Therapy presents you with the opportunity to address this problem therapeutically and naturally.

1.1 Symptoms of Stress

- Frequently edgy;
- Sleeping badly;
- Often irritable and anxious;
- Unable to relax
- Becoming dependent on substances to cope
- Sleep adequately but still feel tired
- Muscles are sore without a good work-out at a Gym
- Ignore hobbies
- Watch TV more and read less

We all recognize the symptoms but ignore them until they are part of every day life and the burn-out syndrome is right around the corner.

Nature can deal with short-term peak output, but not with a permanent red alert.

Stress is inevitable. Too much can kill.

Are you stressed out and not coping Help is at hand, from the Healing Body Therapy Team.



2. Introduction

Healing Body Therapy (HBT) is a company providing stress relief and stress management services with the expressed purpose of helping individuals live a healthier and productive life. It is believed that a healthier body also contributes to an improved lifestyle by adding quality to an individual's existence and faculties. We are committed to treating the whole person.

Although relatively small, we have a reputation for delivering on our promises and do not compromise on service quality to our Clients.

We are a wholly owned black company that is fully representative of the demographics of South Africa. We believe that we are an organisation that is truly able to create market value through virtual coordination, cooperation and integration.

HT is a South African company in tune with the sweeping changes in the country affecting all aspects of the employer and employee business relationships. The company, and its associates, support empowerment initiatives and is representative of the diversity of the South African population in terms of race and gender. All perations adhere to standards as demanded by the industry.

We are thus able to offer stress management services that are comprehensive, across the full spectrum of personal health and body therapy. Including Aromatherapy, Swedish massage, reflexology, scalp massage, as well as back, neck and shoulder massages, chiropractic physiotherapy.

Our people are trained in these areas and have been conducting therapeutic services for many years and have been instrumental in bringing relief and healthier living standards to many Clients throughout South Africa.





3. Our Philosophy

We believe that life is all about people, about relationships between people and about people satisfying each other's needs through those relationships. Furthermore, we believe that people are total beings, with body affecting mind and spirit. These aspects of an individual are inter-connected and need to be factored into all therapeutic efforts. Therefore, dealing with the symptoms does not necessarily result in a holistic health solution for the individual.

We at HT are not bewildered by technological advancements but instead embrace these and other changes, as challenges for advancement and growth.

We have adopted a strategy of internationalisation, in order to earn foreign currency, hone our competitive edge and retain our precious human resources. We therefore remain South African first. As good citizens we are committed to progressive transformation.

HBT continually strives to maintain impeccable standards and a professional approach in delivering a client service based on speed, quality, price and trust. This is achieved by offering a holistic service for both male and female.

3.1 Our Vision

To be the preferred therapist and stress relieving company within Africa.

3.2 Our Mission

To provide, through knowledge and better understanding of our Clients' physical and emotional needs, value added stress management programs and services.



3.3 Our Core Values

- Clients
- Integrity and Transparency
- Service
- Quality
- Team Work
- Professionalism and Loose-Tight Relationships
- Respect and Trust
- Caring and Abundance
- Balance and Harmony

We Aim To...

- Be responsive to your requirements;
- Keep you, our client as our key focus;
- Ensure that we practice immaculate ethics;
- Offer cost effective services, maintaining the highest management standards with great integrity.





4. Why Use Healing Body Therapy?

Because HBT:

- Offers an objective viewpoint and perspective as we are an independent party to each individual
- Provides your organization with quality work to ensure that staff are healthy and productive at all times.
- Has solid experience in the local marketplace both private and corporate servicing.
- Can save your organization valuable time in reduction of unproductive staff time by conducting on-site stress relief seminars and body massages.
- Are results oriented – by ensuring that each of our Clients always perform at their peak and are always in good spirits by reducing stress. This applies to both private and corporate Clients.
- Maintains high standards and has knowledge of the Occupational Health Safety & Welfare Act's requirements. This will be adhered to for all our corporate Client's staff, thereby meeting industry expectations and occupational safety standards.
- Is an organization that is totally independent, an SMME (Small, Medium & Micro Enterprise) company, which enables us to easily adapt our services to your requirements?
- Is ideally located to attract and deliver the best available skills, via our extensive network of alliance partners that includes other medical and health professionals, for larger contracts and larger Clients.



4.1 Our Services

As indicated above, we offer stress management services that are comprehensive, across the full spectrum of personal health and body therapy. Including Accu-Pressure Sports Massage, Aromatherapy, Swedish massage, reflexology, scalp massage, as well as back, neck and shoulder massages, chiropractic physiotherapy, Facial Mapping and various Beauty treatments - Facials, Manicures and Pedicures.

We concentrate on relieving deep muscle tissue, pain and discomfort. This will improve blood circulation and lymphatic drainage, which in turn aids with the elimination of tissue waste products such as lactic acids. The latter usually builds up in muscle fibers and causes aches and pains.

HBT is also able to advise, you the Client, as to what, where and how to enhance the quality of life in a holistic manner.

4.2 Our Approach

HBT uses new and innovative products and techniques. As human beings we each ingest up to 2 kg's of harmful additives per year, which contributes to degenerative conditions. The most effective way to flush the body is through the use of natural products. We have an A-Z guide of helpful herbal agents and products.

An example of our innovative techniques includes the African Nature Wrap Method for foot and hand massage. In addition to the physical and emotional assessment and services we can also provide an analysis of your nutritional needs. To do this, we work very closely with Xpressmed, Ultimate Science Nutrition as well as other accredited herbal and natural healing therapy organizations.

For your convenience we call on you at work or at home, whichever would suite you the Client best. The purpose is to ensure that the therapy is available at a place and time that would benefit our Clients.





5. The Benefits

By regularly engaging in a stress management programme, the individual will regularly experience:

- Renewed vitality,
- Healthy sleeping patterns,
- Restored deep breathing,
- Relief from respiratory ailments,
- Reduced stress levels, and;
- Prevention and alleviation of headaches.

Additional long-term benefits include the boosting of the immune and digestive systems.





6. Some of Our Clients (Contactable References)

Corporate Clients

- OBOTICARIO (Brazilian Spa Brand)
- Talnic International
- Zwelothando Logistics
- Xavier Corporate Services
- Emmanuels Staffing Solutions
- Standard Bank
- MultiChoice S.A.
- Cosatu
- Sasbo
- Protea Group Hotels
- Legacy Group
- Legacy Concierge Lifestyle Management
- GIBBS – (Gordon's institute of Business Science) PTA University
- SKIN REVISION CLINIC
- SEROKOLO HEALTH TOURISM

We have also serviced many hundreds of private Clients locally and from abroad.



7. Our "Nothing-to-Lose-Guarantee"

We are so confident of our ability to help you that we offer an unconditional **"Nothing to Lose Guarantee"** for all the work we do in therapy and stress relief. The session's fee is waived should you believe that we did not add value through our work.

