



# Kesimah

THE ESSENCE OF WONDER



## HEALING PRACTICE

### Restorative Baths R 1 500

90 minutes

A guided ritual using water, scent, silence, and presence to settle the nervous system and restore the body's natural rhythm.

**Includes:**

- bespoke bath blend
- gentle guidance
- stillness
- grounding close

**Who it's for:**

- exhaustion
- grief
- burnout
- emotional overload
- transition



### Anointing Session R 1 200

75 minutes

A scent-led, body-based session working with oils, pulse points, and breath to release emotional holding and reconnect clients to their inner landscape.

**Includes:**

- aromatic anointing
- guided breathing
- subtle emotional release
- integration rest

**Who it's for:**

- numbness
- creative blocks
- emotional stagnation
- disconnection from self





# HEALING PRACTICE

## Holding Session

R 900

### 60 minutes

A quiet, presence-based session offering grounded attention, regulation, and deep rest — without storytelling or analysis.



### Includes:

- attuned presence
- grounding
- nervous system settling
- silence
- 

### Who it's for:

- sensitive people
- leaders
- caregivers
- those who hold others
- people tired of talking

## About the Practice

The Healing Practice is a sanctuary for nervous system restoration and embodied healing.

This work is grounded in scent, water, and presence — supporting the body's natural ability to settle, release, and restore itself.

Sessions are held gently, without force or analysis, allowing change to emerge organically.

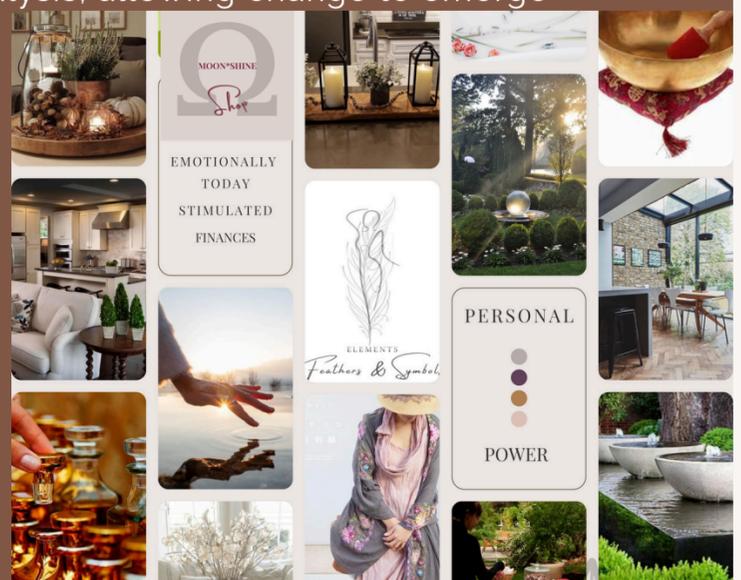
## The Sessions

Each session is held privately and by appointment only.  
Time is unhurried.  
Silence is respected.

## How the Work Helps

Clients come to The Healing Practice during times of:

exhaustion or burnout  
emotional overwhelm  
grief or transition  
creative or personal disconnection  
Rather than fixing or diagnosing, the work offers a regulated space where the body can return to its own rhythm.





# Kesimah

HEALING PRACTICE

AWAKEN THE SOUL

An Invitation to the Practice

This work is offered as a quiet, guided practice of restoration and remembrance.

Each session is unhurried, private, and held with deep presence and care.

You are welcomed exactly as you are.

Every offering is received by appointment, within a space of discretion, safety, and gentle attention.

Love

Thank you

*Barbara*



*Nepph*  
ESH

# Nepph<sup>ESH</sup>



AWAKEN THE SOUL

## HEALING PRACTICE

100 ml

R 633

50 ml

R 333



### RECONNECTION

When the spiritual thread feels faint, these five teas offer gentle yet potent pathways back into alignment. Each blend carries its own intelligence—working subtly with the body, spirit, and unseen realms.

100 ml

R 633

50 ml

R 333



### GROUNDING

Anchor scattered energy and return you to the present moment. Ideal when you feel uncentered, overwhelmed, or disconnected from your physical body.

100 ml

R 555

50 ml

R 355



### HEART-OPENING

Soften emotional armor and reopen channels of love, compassion, and trust. A sacred ally during times of grief, emotional fatigue, or spiritual numbness.

100 ml

R 777

50 ml

R 377



### DREAM & INTUITION

Support the subtle realms of dreaming, vision, and inner knowing. Restore intuitive flow and reconnect with inner guidance.



*Nepph* ESH

AWAKEN THE SOUL

BOOKING AND ORDERS

0839528411 - WHATSAPP ONLY

[www.ancienthealing.co.za](http://www.ancienthealing.co.za)



100 ml

R 888

50 ml

R 388



### DEVOTIONAL FOCUS

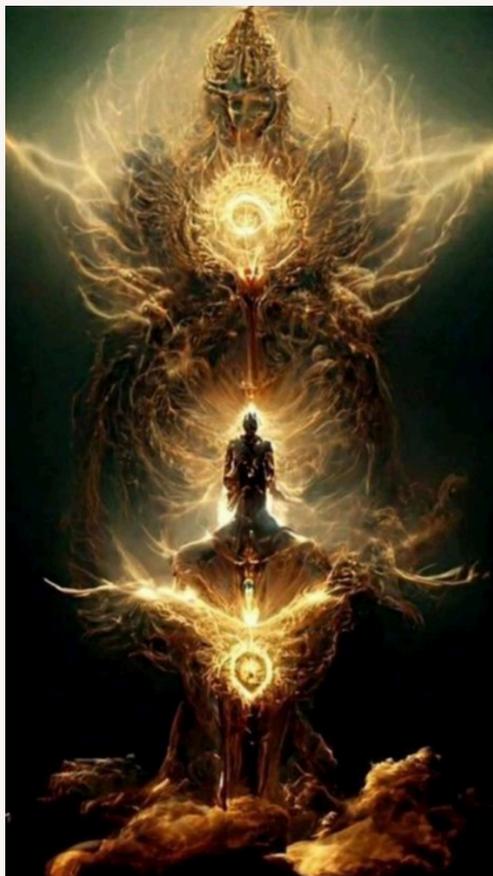
Sharpen intention and bring clarity, restore balance and energetic flow.

### THE ART OF AWAKENING

Reverence for life through presence, beauty, and mystery.

Cleanse stagnant or intrusive energies while reinforcing spiritual boundaries.

Helpful after energetic depletion or intense interpersonal exchanges.



**You are safe here**

*You don't need to know what will happen  
Something beautiful will remember  
itself through you*