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Service Catalogue

RYNK.

Relief



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Relief

Dry Needling

That spot you can't reach? We can.

A targeted therapy using ultra-fine needles to release tight muscle knots and trigger points at the source of pain.

Benefits

- Relieves deep muscle tension
- Reduces pain and discomfort
- Improves mobility and flexibility
- Supports faster muscle recovery

Duration

30 mins

Sessions & Price

- 1 session: 25\$
- 12 sessions: 250\$



Stability



Mobility



Recovery



Longevity

pyrk

Relief

Dry Cupping

We pull the stress out. Literally.

A suction-based therapy that stimulates circulation and relieves muscle tension.

Benefits

- Improves blood flow
- Reduces muscle tightness
- Relieves pain
- Supports recovery

Duration

30 mins

Sessions & Price

- 1 session: 25\$
- 12 sessions: 240\$



Stability



Mobility



Recovery



Longevity



Relief

Stretching

For when you need a deep stretch

An assisted stretching session to improve flexibility and release tight muscles.

Benefits

- Improves flexibility
- Reduces stiffness
- Prevents injuries
- Enhances mobility

Duration

30 mins

Sessions & Price

- 1 session: 25\$
- 12 sessions: 240\$

Duration

50 mins

Sessions & Price

- 1 session: 35\$
- 12 sessions: 360\$

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Stability



Mobility



Recovery



Longevity



Relief

Manual Physiotherapy

Real hands-on work

A hands-on therapy focused on rehabilitation and restoring movement.

Benefits

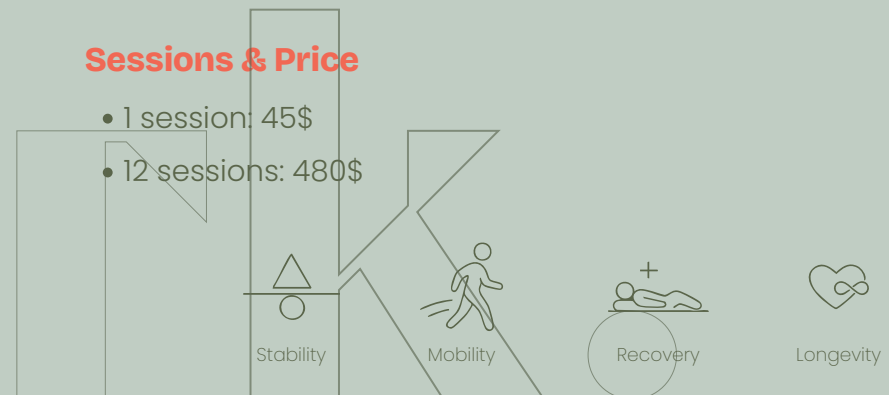
- Reduces pain
- Improves mobility
- Supports recovery
- Enhances function

Duration

45 mins

Sessions & Price

- 1 session: 45\$
- 12 sessions: 480\$



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Movement



Movement

Horizontal bicycle

Feel the burn

A 3-in-1 training system combining fat burn, toning, and lymphatic stimulation with no joint pressure.

Benefits

- Burns more calories
- Tightens the body
- Improves lymphatic drainage
- Enhances performance
- Joint-friendly

Duration

30 mins

Sessions & Price

- 1 session: 25\$
- 12 sessions: 240\$



Stability



Mobility



Recovery



Longevity

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Movement

Personal trainer

Train to sustain

A guided training session tailored to your fitness level and goals.

Benefits

- Builds strength
- Improves performance
- Enhances endurance
- Provides structure

Duration

50 mins

Sessions & Price

- 1 session: 40\$
- 12 sessions: 420\$



Stability



Mobility



Recovery



Longevity



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Movement

Speediance

All-in-one machine for a stronger you

A smart all-in-one machine for efficient strength training.

Benefits

- Builds muscle
- Burns calories
- Improves fitness
- Supports safe full-body workouts

Duration

50 mins

Sessions & Price

- 1 session: 40\$
- 12 sessions: 420\$



Stability



Mobility



Recovery



Longevity

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**Slimming
/Toning**



Slimming/Toning

Radio Frequency

Find your skin's frequency

A non-invasive treatment using heat energy to stimulate collagen and improve skin structure.

Benefits

- Tightens and firms the skin
- Improves elasticity
- Enhances skin texture

Duration

Half Body/30 mins

Sessions & Price

- 1 session: 35\$
- 12 sessions: 300\$

Duration

Full Body/50 mins

Sessions & Price

- 1 session: 45\$
- 12 sessions: 420\$



Stability



Mobility



Recovery



Longevity



Slimming/Toning

Body Endosphere

We're all about the smoothness & glow

A rolling massager designed to target cellulite and improve circulation.

Benefits

- Reduces cellulite appearance
- Boosts circulation
- Supports lymphatic drainage
- Helps contour the body

Duration

Half Body/30 mins

Sessions & Price

- 1 session: 35\$
- 12 sessions: 300\$

Duration

Full Body/50 mins

Sessions & Price

- 1 session: 45\$
- 12 sessions: 420\$



Stability



Mobility



Recovery



Longevity

Slimming/Toning

Rollershape

Roll your way into firmness

A rolling massager designed to stimulate circulation and target cellulite areas.

Benefits

- Reduces cellulite
- Improves circulation
- Enhances lymphatic drainage
- Relieves soreness

Duration

25 mins

Sessions & Price

- 1 session: 20\$
- 12 sessions: 180\$



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Slimming/Toning

V-sculpt

Shape your edge

A muscle stimulation treatment using electromagnetic waves to enhance tone and definition.

Benefits

- Builds and tones muscles
- Targets key body areas
- Improves definition
- Supports fat reduction

Duration

30 mins

Sessions & Price

- 1 session: 35\$
- 12 sessions: 300\$

Duration

50 mins

Sessions & Price

- 1 session: 45\$
- 12 sessions: 420\$



Stability



Mobility



Recovery



Longevity



Facial Care

Cryotherapy

Chill to win

A refreshing cold LED mask treatment to instantly revive and energize the skin.

Benefits

- Reduces puffiness
- Tightens pores
- Boosts skin glow
- Refreshes the face

Duration

10 mins

Sessions & Price

- 1 session: 15\$
- 12 sessions: 120\$



Stability



Mobility



Recovery



Longevity



Facial Care

Face Endosphere

We're all about the smoothness & glow

A gentle facial rolling massager that stimulates circulation and tightens the skin.

Benefits

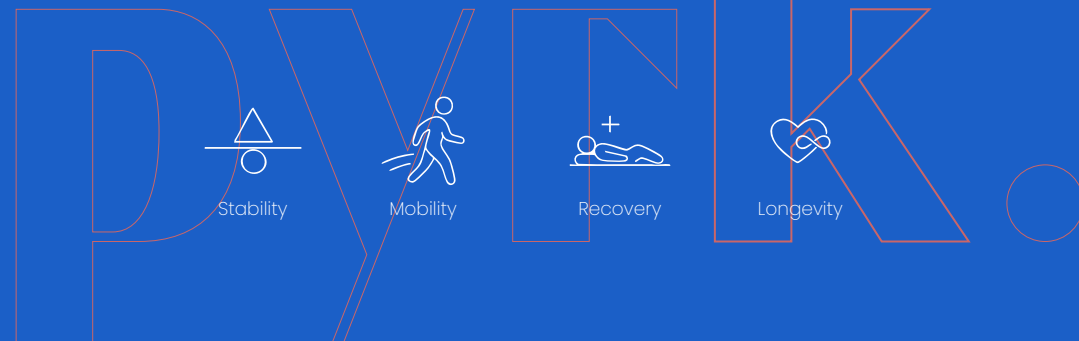
- Reduces puffiness
- Improves blood flow
- Enhances skin glow
- Improves skin tone

Duration

10 mins

Sessions & Price

- 1 session: 15\$
- 12 sessions: 120\$



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Message

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Massage

Head, face, & neck massage

You'll want to stay longer

A relaxing massage focused on relieving tension in the upper body and restoring balance.

Benefits

- Reduces stress and tension
- Improves circulation
- Promotes relaxation
- Helps reduce fatigue

Duration

40 mins

Sessions & Price

- 1 session: 45\$
- 12 sessions: 480\$



Stability



Mobility



Recovery



Longevity



Massage

Maderotherapy

You leave feeling sculpted

A body sculpting technique using wooden tools to stimulate circulation and break down fat deposits.

Benefits

- Reduces cellulite
- Improves lymphatic flow
- Helps contour the body
- Reduces water retention

Duration

35 mins

Sessions & Price

- 1 session: 35\$
- 12 sessions: 360\$

Duration

50 mins

Sessions & Price

- 1 session: 50\$
- 12 sessions: 540\$



Stability



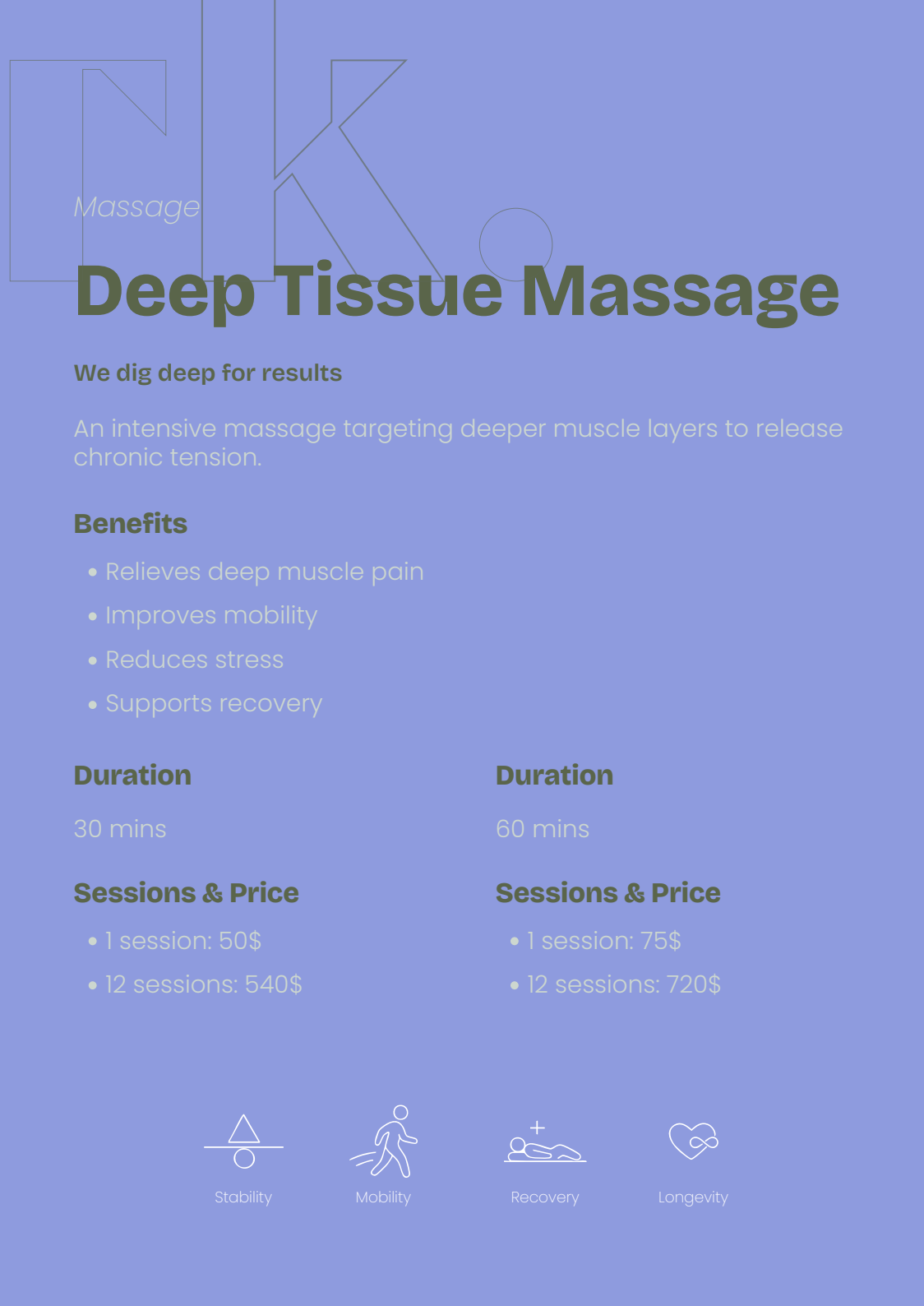
Mobility



Recovery



Longevity



Deep Tissue Massage



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Massage

Lymphatic Drainage

Drain to define

A manual lymphatic drainage technique to reduce fluid buildup and improve circulation.

Benefits

- Reduces swelling
- Enhances lymphatic drainage
- Detoxifies the body
- Improves circulation

Duration

40 mins

Sessions & Price

- 1 session: 50\$
- 12 sessions: 540\$



Stability



Mobility



Recovery



Longevity

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pyrk Massage Gut Massage

Trust your gut and let us take care of it

A targeted abdominal massage designed to support digestion and gut function.

Benefits

- Reduces bloating
- Improves digestion
- Enhances circulation
- Reduces water retention

Duration

30 mins

Sessions & Price

- 1 session: 35\$
- 12 sessions: 360\$



Stability



Mobility



Recovery



Longevity



Massage

Relaxing Massage

This is your sign to relax. You've earned it.

A soothing full-body massage focused on calming the body and mind.

Benefits

- Reduces stress
- Promotes relaxation
- Relieves tension
- Improves well-being

Duration

30 mins

Sessions & Price

- 1 session: 45\$
- 12 sessions: 480\$

Duration

60 mins

Sessions & Price

- 1 session: 65\$
- 12 sessions: 600\$



Stability



Mobility



Recovery



Longevity

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Recovery



PHY

Recovery

Pressotherapy

Walk out feeling lighter

A compression therapy using an air-pressure suit to stimulate circulation and support lymphatic drainage.

Benefits

- Reduces water retention and bloating
- Boosts circulation
- Promotes muscle relaxation
- Improves cellulite appearance

Duration

30 mins

Sessions & Price

- 1 session: 20\$
- 12 sessions: 180\$



Stability



Mobility



Recovery



Longevity



Recovery

Ice Bath

Dive to thrive

A cold immersion therapy designed to enhance recovery and reduce physical stress.

Benefits

- Reduces inflammation
- Improves recovery
- Boosts circulation
- Supports hormonal balance

Duration

15 mins

Sessions & Price

- 1 session: 15\$
- 12 sessions: 120\$



Stability



Mobility



Recovery



Longevity

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Consultation



Dietician

Consultation

We listen and we take notes first

A one-on-one session with our dietitian to assess your needs and build a personalized treatment plan.

Benefits

- Provides expert guidance
- Aligns treatments with your goals
- Ensures effective results

Price

35\$



Stability



Mobility



Recovery



Longevity

