

ORCHARDHEALTH LIFESTYLE

Exclusive to OHL is our innovative concept, Joint Centralisation Technique (JCT®).
The first of its kind in Singapore, our treatments focus on the art of mobilising and articulating your body's joints.

WHY?

- *Moving the joint and centralising the joint capsule reduces tension in the surrounding muscles, tendons and ligaments*
- *Brings your joints to the optimal axis of rotation*
- *Promotes joint lubrication, nourishment and overall joint health*
- *Combining the treatments with soft tissue techniques to promote lymphatic drainage and overall blood circulation*

MEMBERSHIP TIERS (UNLIMITED SESSIONS)

JCT® Single Day Pass

Valid for 24 hours

\$99 / day

JCT® Weekdays Off-Peak

Monday to Friday (2pm - 6pm)

\$299 / monthly

JCT® Weekdays Only

Monday to Friday

\$399 / monthly

We Don't Believe In Limits!

All-day, everyday!

\$499 / monthly

CHOICE OF SERVICE

JCT® Upper Body

(Worth \$65)

JCT® Lower Body

(Worth \$65)

JCT® Posture Correction

(Worth \$165)

The perfect treatment for deskwork relief. Experience the release of tightness in your neck, shoulder and stiff back from the treatment's manoeuvres. Lay back and enjoy the lightness.

Flying and constant sitting can cause swelling and stiffness in your legs. This treatment utilises soft tissue techniques to encourage drainage and better circulatory flow in the lower body. Great for releasing stiffness and improving overall mobility.

With this treatment, you will receive a customised session based on your body assessment. Get help on posture alignment, muscle movement and overall body mobility. Get moved, stretched, kneaded and put back into the right places.