

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*

JCT™ Upper Body

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.

30 min

\$65

JCT™ Lower Body

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.

30 min

\$65

JCT™ Four Hands

Lack of time? No problem! This treatment is designed to offer time-starved individuals the best of both worlds: you'll have two trainers working simultaneously on your upper and lower body to reduce overall aches and tension

30 min

\$140

JCT™ Posture Correction

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.

60 min

\$165