

Acrylic & Bio Sculpture Nails Tulbagh. Nails – manicures & pedicures toorsie@gmail.com By appt. Charlene 084 4461273

Acrylic & Gel Nails Tulbagh. Nail studio – manicures & pedicures reneivr73@gmail.com By appt Rene 083 450 5910.

Annari Jordan Physiotherapist Tulbagh. annari@tkl.co.za By appt. 083 458 7730 / 023 - 230 2444

Atell Psychic Tarot Wolseley. Psychic/Tarot Readings in person, via email, skype or phone & Energy healing - Reiki, Crystal healing, Chromotherapy & Flower Remedies.
<http://atellpsychictarot.com> By appt. 081 215 9357

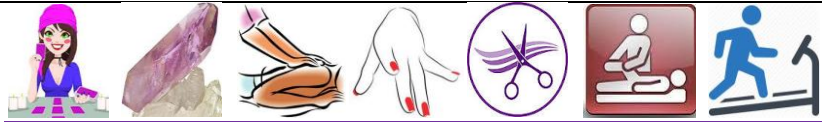
Chi Therapy on the Move Traveling swedish/remedial massage therapist. tanyaschenck@gmail.com By appt. 082 559 7960

Crystal Cave Tulbagh. Crystals, chakra stones, mini scratch patch, essential oils, Aloe Ferox health & beauty products, wool, bric-a-brac & a succulent & cacti nursery. www.crystalcave.co.za
<https://www.facebook.com/CrystalCaveTulbagh?ref=h> Tue – Sat:10:00 – 16:00 Sun & Mon by prior appt. 072 270 6651

Fitzone Gym Tulbagh. Gym, personal training, yoga/stretch classes, spinning. Michelle 073 268 1959 michelle@ssasi.co.za Ross 074 601 0589 rab13drake@gmail.com Mon - Fri: 06:00 - 20:00
Please let the instructor know in advance if you will be attending a class. Fitzone Classes:

08H00 AM	MON	TUE	WED	THUR	FRI
	Michelle	Ross	Michelle	Ross	Michelle
	FTW	BWM	FTW	BWM	FTW
09H00 AM		Terry			Terry
		GP			GP
17H30 PM		Michelle		Michelle	
		FTW		FTW	

Michelle : FTW Fitness/Toning/Weight Loss we use weights/mats/balls/cardio equipment/ own body weight 073 268 1959
Michelle : P C Pure Cardio / Spinning cardio stations and / or spinning
Ross : B W M Body Weight Mat Class Core strenghtening combo of yoga, pilates & body weight exercises 074 601 0589
Arrange spinning, men's fitness & kettlebell classes with Ross
Terry : G P Gentle Pilates / Stretch class - 083 728 6008



Wellness, Health & Beauty Tulbagh cont from page 1

Hair Studio 49 Tulbagh. <https://www.facebook.com/hairstudio49?ref=ts&fref=ts> By appt. Tue - Fri: 08:00–18:00 Sat: 08:00–14:00 Later for weddings. 023 230 1990 or 083 941 7952

Health & Skin Care Salon Tulbagh. Health & beauty treatments, massage, make- up (ideal for brides), nails. By appt. Mon – Fri: 09:00 – 17:00 Sat: 09:00 – 14:00 - 079 793 7894

Heyns Family Pharmacy – Morreesburg – regular free deliveries to Tulbagh. heynsapteek@gmail.com Mon to Fri: 8:00 – 17:30 Sat: 08:00 – 12:30 - 022 433 1001

JD Hair Design & Creative Styling Tulbagh. Travelling hairdresser. Tulbagh Country Weddings jdhairz@yahoo.com By appt. 079 730 2370 / What's app 073 116 6135

La Belle Femme Nail & Beauty Tulbagh. Nails gel/acrylic, mani/pedi, massages, waxing, tinting brows & lashes. <https://www.facebook.com/Nail-Bar-and-Beauty-Lounge-443389279145028/labellefemmenails@gmail.com> By appt. 081 366 8768

Mane-Tame Hair Studio & Makeup Artist Tulbagh <https://www.facebook.com/manetamehairandbeauty> manetame20@gmail.com By appt 7 days a week 083 781 9809

Marcus Fabie Tulbagh. Rasta Herbalist. By appt 078 365 1255

Marna Webb Physiotherapist Tulbagh By appointment 072 449 0163

Ronell Nel Therapeutic Reflexologist Tulbagh By Appt. ronellnel@gmail.com 074 633 9306

Trident Health Centre - Spa, personal care, beauty, health consultations, health & beauty products, deli. Functions, vouchers, special events - bachelorette's, girl's spa days, kitchen teas, birthdays, spa lunches. www.tridenthealthcentre.com Tue – Sun: by appt. 076 049 0511

Vindoux Day Spa Tulbagh. Spa & beauty treatments Fynbos Therapies – shampoos, massage oils, soaps & more made with fynbos essential oils. <http://www.vindoux.com/cgi-bin/spa.pl> for spa menu & bookings www.fynbostherapy.co.za By appt. only Wed to Mon. Closed on Tuesdays. 023-2301737 or 073 874 8454 or 082 404 7778

This and other useful directories are available on www.tulbaghinfo.co.za. Kindly contact mandykriel@telkomsa.net with any corrections or updates to keep the directories current. 17-8-2017