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MASSAGE & COMPLEMENTARY THERAPIES

ALL HOLISTIC TREATMENTS INCLUDE A BESPOKE AROMATHERAPY BLEND TO ENHANCE THE TREATMENT.

REIKI AND CRYSTAL HEALING ARE AN OPTION, YOUR PREFERENCE, INCLUSIVE IN COST.

THESE THERAPIES STIMULATE THE BODY'S SYSTEMS TO BRING ABOUT HEALTH, BALANCE AND HARMONY.

You can chose 1 or 2 treatments from this menu for a 50 min session or 3+ for a 75 min session.

PRIVATE MINI RETREAT EVENTS CAN BE BOOKED FOR 2 PEOPLE OR SMALL GROUPS OF CLIENTS AT VENUES.

- Reiki
- CRYSTAL HEALING
- REFLEXOLOGY
- ACUPUNCTURE
- AROMATHERAPY
- ORGANIC FACIAL
- GUIDED MEDITATION
- ALL MASSAGE: SWEDISH/LYMPHATIC DRAIN-AGE/ACUPRESSURE/DEEP TISSUE /AROMA
- INDIAN HEAD MASSAGE
- BACK OR FULL BODY MASSAGE
- THERMAL AURICULAR THERAPY (HOPI)

50 min treatment £40.00 75 min treatment £60.00

INTRODUCTION

DEAREST CLIENT

I HAVE HAD MY OWN PRACTICE AND WORKED AS A TEACHER OF COMPLEMENTARY HEALTHCARE FOR OVER 23 YRS. I'VE WORKED WITH A RANGE OF CLIENTS: YOUNG PEOPLE WITH NEEDS, PRISON HEALTHCARE, COMMUNITY SETTINGS, TO NAME A FEW! I HAVE ALSO RUN LUXURY RESIDENTIAL RETREATS.

I BELIEVE POSITIVE STRATEGIES FOR GOOD SELF CARE ARE GAME CHANGERS FOR COPING IN LIFE. EVERY WALK OF LIFE......

MY TREATMENTS CAN GIVE A BOOST TO YOUR WELL BEING. STEADYING THE SHIP WHEN MOST EXHAUSTED OR JUST AN UPLIFTING TREAT TO ENJOY. I AM A SPECIALIST IN WOMENS HEALTH & MENOPAUSE CARE.



GET IN TOUCH, WHATEVER YOUR QUERY.

GIFT CARDS AVAILABLE

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BEAUTY MAINTENANCE



ALL TREATMENTS HAVE A CHOICE OF EXPERT FINISHES.

A CONDITIONING EXPERIENCE FOR SKIN AND NAILS.

NATURAL NAILS

REFLEXOLOGY PEDICURE:

SHAPE, CUTICLES, CALOUSED SKIN REMOVAL, EXFOLIATION, OILMASK, REFLEXOLOGY & £40.00 FINISH. 50 MINS

CLASSIC MANICURE & PEDICURE

2 CONDITIONING TREATMENTS **£40.00** & MASSAGE. 50 MINS

EYES & FACE



FINISHING TOUCHS FOR DEFINITION.

EYE LASH TINT £15.00

EYEBROW TINT £10.00

EYEBROW SHAPE (WAX) £10.00

"EYE DEFINITION PACK" (ALL 3) £30.00

FACIAL/LIP OR CHIN WAX FROM £7

ACUPUNCTURE



EAR PROTOCOL ACUPUNCTURE IS AN EVIDENCE BASED THERAPY, WHERE THE EAR IS STIMULATED IN 5 NERVE POINTS TO RELEASE ENDORPHINS. THIS CAN BE EFFECTIVE IN THE MANAGEMENT OF STRESS AND ANXIETY.

EAR PROTOCOL ACUPUNCTURE CAN BE EFFECTIVE FOR:

CALMING THE MIND AND NERVOUS SYSTEM LOWERS ANXIETY

HAS A TRAQUILISING EFFECT

BALANCES ADRENAL GLANDS AND REGULATES CORTISOL

DEPRESSION

REDUCES AND MANAGES CHRONIC PAIN IMPROVES SLEEP AND RELAXATION

SUPPORTS ADDICTION

SYMPTOMS OF MENOPAUSE

EAR PROTOCOL ACUPUNCTURE CAN BE OFFERED ON ITS OWN OR A SHORT COURSE. IT WORKS A TREAT WITH A HOT OIL AROMATHERAPY FOOT MASK AND A REFLEXOLOGY BALANCEBLISS!

5 x 40 MIN £140 ACUPUNCTURE ONLY

ACUPUNCTURE & REFLEX £40.00 50 MIN

ORGANIC FACIALS



ALL FACIALS INCLUDE; A DEEP CLEANSE, EXFOLIATION, TONE, OIL MASAGE, TREATMENT MASK AND MOISTURE BALANCE TO FINISH.

ORGANIC PRODUCTS ARE SELECTED ACCORDING TO YOUR SKIN TYPE.

THESE FACIALS LEAVE YOU FEELING RELAXED AND YOUR SKIN CALM, DEEPLY NOURISHED, PLUMPED WITH A SMOOTHER TEXTURE.

THE AYURVEDIC NON SURGICAL FACELIFT

MASSAGE LEAVES YOUR FACIAL MUSCLES VISABLY
RELAXED AND HAS POWERFUL DRAINAGE EFFECTS
WHICH HELPS ELIMINATE DARK CIRCLES AND
PUFFINESS.

AYURVEDIC NON SURGICAL FACELIFT FACIAL 50 MINS	£40.00
BACK MASSAGE & FACIAL TREAT 50 MINS	£40.00
PRESCRIPTIVE FACIAL 75 MINS	£60.00
BODY MASSAGE & FACIAL 75 MINS	£60.00