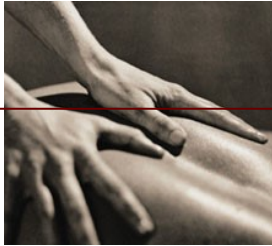


## TREATMENTS



## 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 DRAINAGE/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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