



HOLISTIC THERAPY

TREATMENT LIST

Holistic Face Massage

£30 (45 min)

An holistic face massage is a gentle non-invasive approach to looking younger. Some people call it a non surgical facelift or rejuvenating face massage treatment.



Indian Head Massage

£28 (45 min)

Indian Head Massage has been an important part of Indian life for over four thousand years. The neck, shoulders, back and head are massaged using a variety of strokes and pressure point techniques that eliminate toxins from tense knotted muscles, relieves stiffness and improves lymph and blood circulation. Indian head massage also works on areas affected by mental and emotional stress and can bring immediate relief. It also improves circulation in the head and enhances your senses, improves memory and promotes clear thinking. Treatment can be given dry without oils and fully clothes however it is more beneficial with the use of oils.



Thai Foot & Hand Massage

£28 (45 min)

Thai Foot Massage is a massage of the lower legs and feet that originated in Thailand about 2000 years ago. Nowadays it has evolved and incorporates elements of Shiatsu, Reflexology, Chinese massage and Yoga in the routine. The massage involves hands on stretching and massage to 'open' Sen (energy) lines, along with the use of other techniques to stimulate the reflex points on the feet and hands, which correspond to the internal organs of the body.

Hopi Ear Candling

£25 (45 min)

Although used by many civilisations throughout history Hopi ear candling has been attributed to the Native American Hopi Indians of North Arizona (Hopi means 'peaceful people'). Ancient wall paintings show their importance in initiation rituals and healing ceremonies of the tribe. The candles are still made today on the basis of the old traditional formula.



Swedish Body Massage

£20 (30 min back, neck & shoulder)

£32 (1 hr back, neck, shoulder & legs)

£45 (1.5 hr full body)

Swedish Body Massage is an uplifting and energizing massage that stimulates circulation and generates an immediate sense of well-being. It is the original massage technique that uses oils, involving a sequence of movements working superficially and deeper into the tissue layers. A full body massage includes work on the neck, shoulders, arms, upper chest, abdomen (optional), back and legs.



Nouvatan Spray Tan

£20

Nouvatan have developed a natural honest tan with natural and active organic DHA that is kind to your skin. They have 7 shades to suit all skin types from 6% - 16% and the express tan "Its about time" is the darkest available on the market. The products are paraben, mineral oil, alcohol and cruelty free. Suitable for vegans and vegetarians.

CALL OR EMAIL TO BOOK:

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