

## **Swedish Massage**

Massage to the soft tissues of the body is carried out in a systematic way, bringing about a feeling of relaxation, assists in relieving stress. In addition, it is a powerful tool that improves circulation of blood flow and nutrients to the whole body.

*Full Body 1hr - £50.00*

*Back Neck & Shoulder 35mins - £35.00*

## **Indian Head Massage**

Practised in India as part of a family ritual for thousands of years. This treatment is part of the Indian Ayurvedic healing system. It is defined as the 'science of longevity' and is the oldest Indian healing system on record, with the Ayurvedic texts dating back some four thousand years. The client is in a seated position and remains clothed.

Various massage techniques are used over the back, arms, neck, head, and face. Higher Chakra Balancing. - 40mins £40.00

## **Aromatherapy Massage**



A truly Holistic therapy using quality essential oils. Healing and produced from nature. The term Aromatherapy encompasses many forms of application, using

inhalation, the mediums of massage, bath solutions, skin care, or diffusion. This therapy uses essential oils in a synergistic way, through the medium of massage to improve emotional and physical wellbeing. Here, a blend of beautiful essential oils is created for the client's own individual needs.

*Full Body Treatment (inc face) - 1hr £60.00*

*Back Neck & Shoulder - 35 mins £40.00*

## Reflexology

The principle is that there are reflex areas in specific points of the feet and hands that correspond to all parts of the body.



The art of this most incredible treatment is the technique applied to the reflex areas by the therapist's fingers and thumbs. Thus, stimulating the corresponding areas of the body, thereby treating the whole body.

Reflexology may restore balance by increasing circulation to the vital organs, and other body systems - 1hr £50.00

## Hopi Ear Candling

Ear candling has its origins in the centuries-old culture of the indigenous North American People.

I use only the reputed Biosun candles made using natural ingredients, organic cotton, beeswax, honey, sage, and chamomile. A filter is at the bottom of the candle.

The candle is lit and then placed gently at the opening of the external ear canal. As the warm air travels down the candle and into the ear canal a vacuum is formed. The warm air in the vacuum creates a gentle movement, which can help to soften earwax. May assist in relieving sinus pain and improve the symptoms of tinnitus and vertigo. It can also be helpful for those that deep sea dive and often travel by air.

In addition, this treatment brings about a feeling of harmony and of deep relaxation.  
Facial drainage massage - 30 mins £35.00

