

HOLISTIC TREATMENTS

Body Massage (1hr) and

Back, Neck and Shoulder Massage (45 mins)

Massage therapy is aimed to develop and maintain your physical function, relax tense muscles, relieve or prevent pain, improve circulation, reduce stress, increase immune system function, relax the mind, improve blood flow and increase overall feeling of well being. A lovely reward for your body and also your health.

Aromatherapy Face and Body Massage (1hr 30 mins) and Aromatherapy Back, Neck and Shoulders Massage (45 mins)

Essential oils are applied into the skin using massage. The essences evaporate and are inhaled via the sensitive cells in the nasal passage. The cells send messages to the brain and therefore enhance physical and psychological well being. We will consult with you to choose the essential oils that best suit your needs to give you the most from the treatment.

Hot Stone Full Body Massage (2hrs) and Hot Stone Back, Neck and Shoulders Massage (1hr)

Complete relaxation. Basalt stones are used to create a deep therapeutic massage. The stones warmth allows the muscles to relax making them more receptive to the benefits of the massage. They induce a deep state of well being.

Indian Head Massage (45 mins)

Based on the ayurvedic system of healing which has been practiced in India for over 1000 years. A range of different massage movements are used to relieve the muscles and tissues of the head, face, neck and shoulders. Very good for fatigue, tension, headaches, insomnia, stress or sinusitis.

Reiki (30 or 60 mins)

A wonderful way to relax and heal the body on a physical, emotional and spiritual level. You will leave with a calm mind, after being assisted with any stress, injury, illness or negative emotions. Whatever your reason for coming to Reiki, we can help in the way that is right for you.

Hopi Ear Candles (30 mins)

The candle, made from bees wax on muslin, creates a mild suction which let the vapours mildly massage the eardrum and auditory canal. The suction draws wax and other impurities from the ear. Good for ear wax removal, sore throats, hayfever, glue ear, migraines, sinusitis and asthma.

