



BEECH HILL

Country House Hotel

HOLISTIC THERAPIES

The treatment rooms are located in the Fitness Suite on the lower ground floor of the Beech Hill Hotel. Showers, Jacuzzi, sauna, steam room and gym equipment are available for your use.

Treatment Menu and Price List

*Aromatherapy full body massage, including facial - £75.00

Lift your mood, unwind and soothe your body! Whilst snuggled up with warmed towels, candle light and soft music, enjoy over 1 ½ hrs of deep, luxurious massage with essential oils blended to suit your exact needs. This treatment includes the aromatherapy facial described below.

*Aromatherapy facial, head and neck massage - £45.00

Relieve tired skin and puffiness; relieve headaches and neck pain the entirely natural way with this 45min treatment. I will treat you to a cleansing, toning and exfoliation followed by a hydrating mask, flower water eye-bathe and massage with heavenly-scented plant oils.

*Aromatherapy back, neck and shoulders massage - 45mins - £45.00

Let go of your worries and snooze under warmed blankets as the tension in your back, neck and shoulders is soothed away with a deep, thorough, comforting massage using warm, stress-relieving oils.

*Reflexology - £45.00

Bring your body, mind and emotions back to balance with this deeply relaxing foot or hand treatment. Lie back under warmed blankets for 45 minutes and have the pressure zones on the feet or hands manipulated to relieve tension. When you meet the therapist, please specify whether you would prefer your hands or feet massaged. Signs of physical or emotional stress often manifest in the feet and an experienced Reflexologist can usually detect these, so if you would like a short analysis after your treatment, please ask.



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*Reiki - £45.00

Treat yourself for 45 minutes to help remove emotional blockages with this 'healing of hands' therapy. Take off your shoes, get comfortable on the treatment couch and let universal healing energy move through the therapist's hands to focus on your own emotional energy centres, which can bring the mind and body back to balance.

*Intuitive reading - £70.00

Have a coffee or tea and a chat, for one hour, to see if anything 'comes up' with regard to your life's direction, healing the past or any other issues. Anne has a gift for psychically interpreting one's energy field and being able to relate that back, without the use of cards etc. Believing this to be a gift from God since childhood, these readings are done in a positive, spiritually nurturing way and can help one re-affirm one's path in life.

*Shiatsu - £45.00

Ease the pain and tension, in your lower back and legs especially, with this 45min Oriental treatment. You will be asked to make yourself comfortable on a mat on the floor and because some stretching and pressing are involved, it is recommended that loose, comfortable clothing worn. Although Shiatsu is relaxing, it is immensely enervating and can rapidly open blockages of sluggishness.

*Bach Flower Counseling 1 hour session - £70.00

Allow yourself the luxury of sharing how you feel in a confidential, respectful yet relaxed atmosphere. Anne respects the importance of your feelings no matter what they are or what they are about. There are 38 homeopathic flower remedies in this range and a treatment bottle of up to 7 that you currently require can be made for you at the end of our meeting.

*Hopi Ear Candle treatment with head and face massage - £52.00

If you have blocked sinuses or 'clogged' ears, treat yourself to this. The head and face massage will help drain pressure from the face and throat and the wonderfully soothing action of the Hopi Indian herbal candles will remove some of the congestion-causing, stuffy feeling. After the treatment, you can relax to a short foot massage and a cup of herbal tea. This treatment lasts for 45mins and includes the price of a pair of Hopi candles. (Please note that this is not advised if the ears are infected or if one wears grommets).



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*Head Massage - £45.00

Allow the tension in the scalp, face, ears and high up in the neck and shoulders to be drained away with this intoxicating treatment, which lasts for 45 minutes. This improves circulation in the scalp, which can strengthen and add lustre to tired hair. Oils can be chosen to either invigorate you or to help you sleep.

*Exfoliating Body Scrub

Full body - £75.00 for 1 hour; Hips, thighs and upper arms - £45.00 for ½ an hour

Liven up tired, dull skin with this luxuriously oily salt-scrub that will add a welcome glow to the skin. This also improves circulation and can help break down fatty deposits and dimply skin. Your body will love the feel of newly clean, softly scented, glowing skin. Following this treatment, I would recommend a shower, then a soak in the Jacuzzi. (For this treatment, for your convenience and comfort, disposable pants will be provided).

*Treatment policy

So that others may enjoy their treatments as much as you intend to, kindly switch off mobile phones and keep noise to a minimum when entering the treatment rooms.

Dressing gowns, wraps and towels are provided for your comfort and you will be left to change in privacy.

Underwear, shorts or dry swimwear should be worn for all treatments and all treatments are available for men as well as women.

There are mirrors for you to brush your hair or re-do your make-up following facials and body massages.

So that she may perform the best treatment for you in the safest way, the therapist is required to ask questions regarding your health and medication and will need to know if someone she treats is expecting, so please excuse the intrusion of your privacy.

For your health and safety, it is recommended that one does not do physical exercise and does not use the sauna or steam room for at least 30 minutes after enjoying an holistic therapy treatment.



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*TO MAKE YOUR BOOKING

Please contact Anne Boyd on: 02871 371468 or 07746956464

Anne can accept pre-payment by credit or debit card over the phone but if you prefer, the treatment price can be added to your hotel bill, payable at reception when leaving.

"PAMPER PACKAGE" CLIENTELLE will receive 30 minutes of one of the above treatments, to the value of £35.00, included in their hotel package. The treatment chosen must be booked in advance to avoid disappointment. If you wish to enjoy a longer treatment or experience something new, the price can be added to your hotel bill.

***Opening Hours**

Treatments are available from 9.00 am to 8.00 pm Monday - Sunday and to avoid disappointment, must be booked in advance.

***Cancellations**

I do not charge for cancelled appointments but would appreciate at least a day's notice so that someone else might avail of the time. I will, however, have to charge the full price for a treatment that was booked, even if the customer is running late and cannot receive the full treatment.

*Anne Boyd

Has been practicing holistic therapies for over ten years and is proud to provide an excellent service through the treatments listed above.

Diploma Reflexology
Certificate Advanced Reflexology
Certificate Reflexology & IBS
Diploma Body Massage
Certificate Aromatherapy
Reiki Practitioner
Bach Flowers Registered Practitioner
Studied Diploma Naturopathic Medicine
Certificate Homo-Toxicology