



## Holistic Treatments and Therapy

<b>Reflexology</b>	<p>A holistic Therapy that relieves Stress, promotes Deep Relaxation, brings balance to Mind and Body. Massage and gentle pressure applies to the reflex zones of the feet.</p> <p style="text-align: center;"><b>Treatment Lasts 1 Hour</b></p>	<b>£40.00</b>
<b>Holistic Body Massage</b>	<p>The Art of Touch, improves circulation, combats tension and increases energy. Relieves aches and pains.</p> <p><b>Back, neck and shoulder - 45 Mins</b></p> <p><b>Full Body Massage – 1 Hour</b></p>	<p><b>£40.00</b></p> <p><b>£65.00</b></p>
<b>Aromatherapy</b>	<p>The ancient art of aromatherapy, refined over the centuries, harnesses the healing powers of essential plant oils in a relaxing, restorative massage that combines the sense of smell with the soothing value of touch</p> <p><b>Face and Body Massage – 1 ½ Hours</b></p>	<b>£75.00</b>
<b>Indian Head Massage</b>	<p>An effective treatment for tension and stress management, it is know to be effective in the treatment of headaches, migraine, insomnia, neck and shoulder tension. The client is seated comfortably in a chair and treatment includes massaging the scalp and face</p> <p style="text-align: center;"><b>Treatment Lasts 1 Hour</b></p>	<b>£40.00</b>
<b>Reiki</b>	<p>Universal Life Energy Revitalises the Body, Mind and Spirit. Promotes Spiritual, mental and Physical Healing. Promotes a State of Total Relaxation. A Hands-on healing technique</p> <p style="text-align: center;"><b>Treatment Lasts 1 Hour</b></p>	<b>£40.00</b>
<b>Facials</b>	<p>Every type of skin is treated, dry, sensitive, oily, combination, mature or stressed.</p> <p style="text-align: center;"><b>Treatment Lasts 1 Hour</b></p>	<b>£45.00</b>

### Nail and Foot Treatments

<b>Manicure and Polish</b>	<b>£25.00</b>
<b>Pedicure and Polish</b>	<b>£30.00</b>