



Holistic Treatment Packages



Do you want to get away from things for a couple of hours?

Why not try one of our relaxing and personally focussed treatment packages that will leave you feeling completely balanced and refreshed.

Package 1: Facial & Reflexology.

Holistic Facial, including a shoulder and neck massage, and a full facial using organic skincare products by Essentially Yours. Followed by a relaxing Reflexology, which uses gentle massage movements on the feet to stimulate the body's natural healing processes and helps you to find your equilibrium once more. **Treatment Time:** 2 hours. **Price.** £55.00

Package 2: Facial & Hopi Ear Treatment.

A Hopi Ear Candle treatment is a deeply relaxing way to cleanse the ear & nasal passages. Each candle contains St Johns Wort, Sage, and Chamomile which have natural anti-viral properties and so help to support the immune system. The treatment is finished off with an acupressure massage to stimulate the lymphatic system and so speed up the healing process. This treatment is ideal if you suffer from sinus congestion, headaches, vertigo or tinnitus. Complete your relaxation with a Holistic Facial, including a shoulder and neck massage, and a full facial using organic skin care products by Essentially Yours. **Treatment Time:** 1hr 45 mins. **Price.** £55.00.

Package 3: Reflexology & Hopi Ear Treatment.

If you want to combine the benefits of a Hopi Treatment and a Reflexology then this is the treatment package for you. Following the Hopi Ear Candle treatment the Reflexes for the head, neck, sinuses and ears can all be stimulated to help the healing process. You will receive a full Reflexology treatment, giving you the opportunity to completely switch off and relax. **Treatment Time:** 1hr 45 mins. **Price.** £50.00.

Package 4: Luxury Reflexology.

This is an opportunity to really pamper your feet. Your treatment begins with our warming organic foot soak, containing ginger & lavender, followed by and exfoliation using our organic spearmint exfoliating cream from Essentially Yours Skincare. We will then gently file and shape your toe nails and pamper your cuticles. Once your feet are feeling crisp and fresh you can lie back and relax, while experiencing the gentle massage of a reflexology treatment. The pressure applied to the feet during reflexology will stimulate the body's own natural healing process and help you to find your equilibrium once more. **Treatment Time:** 1hr 45mins. **Price.** £50.00.

Package 5: Aromatherapy Back Massage & Reiki.

This package combines an Aromatherapy back massage with a Reiki treatment to the head, neck, shoulders, spine and hips. This treatment is deeply relaxing and allows the healing properties of the essential oils and the power of Reiki to bring your body back in to balance. **Treatment Time:** 1 hr 15mins. **Price.** £40.00.

All treatments include consultation time.



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