

Natural non-invasive treatments to improve your health and well-being

Treatments

Most commonly treated symptoms

- √ stress
- √ irritable bowel syndrome
- √ headaches
- √ weak immune system
- √ poor blood circulation
- √ sinusitis
- √ ear problems
- √ water retention
- √ anxiety
- √ lethargy

Aromatherapy Massage

Full body (approx 1 hr) £35

Back, neck & shoulders (approx ½ hr) £25

Hot Basalt stones Massage

Hot Basalt stones create a sensation of comfort and warmth whilst allowing greater manipulation of tense muscles resulting in the ultimate state of relaxation.

Hot Stones Massage

Full body (approx 1 hr) £40

Back neck & shoulders (approx ½ hr) £30

Indian head massage (approx ½ hr)
£20

A major stress busting treatment including massage to neck, upper back and shoulders/arms

Reflexology (approx 1 hr) £30

Reflex points on the soles of the feet reflect certain body parts and vital organs. Massage/friction treatment to those points help to balance the body whilst inducing a profound sense of relaxation.

Reiki (approx 1 hr) £25

Enjoy the experience of the re-balancing of your body's energy centres, helping to alleviate pain, emotional distress and stress related conditions.

Thermal Auricular Therapy £25

(approx 40 min)

A gentle soothing therapy for balancing pressure in the ears and helpful for earache, headache, ear noise, stress and nervousness



**Book now for your free
consultation**

A private and confidential
consultation with a caring,
friendly professional
therapist to select the most
appropriate treatment for
your individual needs.

To book your appointment
please contact:

Contact Irene Dale Bsc (hons)
MFHT

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Therapists

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**Qualified and insured member of
holistic therapies**

Opening hours:

Tuesday, from 9am until 7pm



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