

HOLISTIC TREATMENTS

REFLEXOLOGY

25 min £20 55 min £35

A beautiful, relaxing complementary therapy, which applies pressure to points on the feet which correspond to the organs and systems within the body. Tailored to the individual needs.

REIKI

25 min £20 55 min £35

Reiki is a deeply relaxing complementary therapy used to heal and rebalance the mind, body and emotion. Anyone can have this treatment and it works very well alongside orthodox medicine.

NB: We recommend having a course of Reflexology and Reiki treatments to maintain and increase the effects.

HOPI-EAR CANDLES

55 min £30

A calming, soothing treatment used to ease any ear and head problems and to alleviate symptoms for Hay fever and the common cold. Alongside a facial pressure point massage, neck, shoulder & scalp massage, hopi-ear candling is deeply relaxing for the mind, body and soul.