

***Please Note.** *Therapy prices are a guide only and can vary between therapists*

Aromatherapy full body massage 1½ hrs £35
A wonderfully relaxing and soothing experience, with personally blended pure Essential Oils.

Back, neck & shoulder massage 30 mins £18

Bowen Technique 1 hr £30
Light touch muscle manipulation therapy that is gentle and non-invasive, working in harmony with the body restoring balance to the muscular, nervous, lymphatic and respiratory systems achieving pain relief, well-being and recovery of energy.

Counselling & Psychotherapy 1hr £30
Provides a safe and secure environment to talk in complete confidence and help you understand issues that may be troubling you: relationship difficulties, illness, depression, self confidence, eating disorders, loss and grief, redundancy, personal growth & awareness.

Chiroprody From £18
We have both a Chiroprodist and a Foot Health Practitioner available for treatment of Calluses, Corns, Nail Cutting, Ingrowing Toenails, Verrucae etc.

Crystal Healing From £20
Selection of specific crystals tailored to the individual's requirements are placed on specific points on the body to balance energy, detox, revitalise and re-establish harmony.

Deep Tissue Massage Full body £40.00 approx 1½ hrs
Back £25.00 approx 30mins
A massage technique that focuses on releasing the deeper layers of muscle tissue, tendons and ligaments of the body. Stiff, knotted or painful areas are detected by gradually working into the deep layers of muscle tissue determining their quality and texture.

Holistic facial From £20
Relaxing treatment to cleanse and re-balance your skin and create a sense of calm and well-being with the addition of Reiki healing.

Hopi Ear Candles 1hr £22.50
A gentle, relaxing, non-invasive treatment to help various ear related problems, congested sinuses and pressure headaches. Candles are made from natural ingredients and when placed in the ear, a vacuum effect helps to clear blockages.

Hot Stone Massage 20 mins £25 1½ hrs £39
Combines massage with the use of smooth, heated volcanic stones. Gives a deep massage, creating sensations of comfort and warmth and deep relaxation. Back or full body treatment.

Hypnotherapy Fees Vary
Hypnotic techniques to bring about therapeutic changes helping the individual to achieve realistic goals. Resolving habits, anxiety, stress and other mind related matters.

Indian Head Massage 45 mins From £18
This relaxing massage based on Indian traditions, concentrates on the upper back, neck, face and scalp. Helps relieve stress and tension and invigorate mind and body.

Mongolian Sky Energy Massage 1hr+ £35
A treatment new to the U.K that works with energy pathways to help rebalance the body using very slow hands on techniques. Extremely Soothing and Relaxing!

Pregnancy Massage 1½hrs £35 1 hr £30
A relaxing Aromatherapy massage which can help to soothe the extra strains placed upon a woman's body during pregnancy, helping to reduce stretch marks and fluid retention, and easing the increasing aches and pains.

Back Massage £20

Reflexology 1 hr £25
A therapeutic treatment performed on the feet by using pressure on specific points which can help to bring relief from a wide range of acute and chronic health conditions.

Reiki Healing 1hr £25
A simple, natural and safe ancient form of hands on healing. Reiki treats the whole person body, emotions, mind and spirit. A treatment feels like a wonderful glowing radiance that flows through and around you and helps promote relaxation, inner peace and well-being.

Reiki attunements - levels I, II and Masters also available.

Swedish Massage 1hr £30
Body massage aimed at deep muscular manipulation.

Swiss Reflex 1hr £25
Combination of Reflexology and aromatic massage. From an assessment of the reflex points on the feet oils are chosen to treat the problems identified and a relaxing massage of the feet and ankles performed.

Thai Foot Massage 1hr £25
Covers feet and legs using special creams and a wooden stick from Thailand. Extremely relaxing and makes the body feel that it's had an all over treatment!

Emotional Freedom Technique Fees Vary
Fast and effective treatment for the elimination of fears, phobias, stress, trauma, grief, anxiety and much more! This amazing, safe, non-invasive technique literally 'taps' your troubles away.

ALSO AVAILABLE

Equine assisted Psychotherapy	Fees Vary
Past Life Regression	Fees Vary
Thai Massage Therapies	Fees vary
Seated Acupressure Massage	Fees Vary

We can also offer some Special Pamper Treatments:-

Reiki & Back, Neck & Shoulder massage	30 mins of each	£25
Scalp & Face Massage + Reiki	30 mins of each	£25
Leg & Foot Reviver Massage from feet to knees	30 mins	£18
Hot Stone Foot Therapy-In crystal foot spa - exfoliation, oil massage feet to knees with Obsidian Hot Stones, Reflexology and Colour therapy.	11/2 hours of Sole Bliss	£35
Hot Stone Back, Neck and Shoulder massage + Reiki	30 mins of each	£27