

Massage is used to maintain physical health as well as inducing relaxation. It helps to alleviate the build up of stress and tension in the muscles from every day use. We use four massage techniques

AROMATHERAPY - Soothes away the blues

DEEP TISSUE - Deep pressure massage

HYDROTHERM - Large water filled cushion fantastic for those that find lying on their abdomen uncomfortable especially for mums to be, sheer bliss.

HOT STONE - This is the king/queen of massages a combination of aromatherapy, deep tissue and the heat that you feel from the hydrotherm you are massaged with hot smooth stones that work 10 times deeper on your muscle tissue and joints, Heavenly

Main benefits of massage

Aid weight loss.

Relieve aches and pains and help to tone the muscles.

Relaxation of tight muscles and helps with stiff joints

Relieve muscle spasms.

Increases blood circulation.

Stimulates the lymphatic system

Improves skin colour/texture/elasticity and breaks down fatty tissue.

Stimulates and soothes nerve endings in the skin.

Softens and moisturises skin.

Helps stimulate metabolism and improve general health.

Heat instantly soothes pms-related symptoms

Detoxification of the body

AROMATHERAPY - Full Body including face & scalp

£28 - 1 hour

AROMATHERAPY- Back, Neck, Shoulders and Scalp

£20- 30 mins

DEEP TISSUE Full Body excluding face,scalp

£28 - 1 hour

DEEP TISSUE Back, Neck & Shoulders £20 - 30 mins

HYDROTHERM Back,Neck, Shoulders & scalp £30 -30 mins

HOT STONE Full Body including face & scalp

£49 - 1hr

HOT STONE Back ,neck & shoulders £38 - 40 mins

REFLEXOLOGY

The feet are mini maps of the bodyAs the therapist works your feet over 7000 nerves will be stimulated, which correspond to all major organs and body parts.

Crystalline deposits form under the skin indicating imbalance in the body, and are tender to the touch. These deposits will be dispersed by the therapist in order to free energy flow, balance and revitalise the body.

The benefits achieved are many, whether your ailment is minor or more serious. Some that benefit are, anxiety, arthritis, backache, circulatory and digestive conditions, high and low blood pressure, M.E, M.S, sciatica, sinuses, asthma, stress related conditions and many

more.
Reflexology should not replace medical treatment or practice but should be regarded as complimentary to it.

£25 1 hour

INDIAN CHAMPISSAGE

A truly relaxing, mellowing treatment. There is no need to remove clothing as treatment can easily be applied over a shirt or blouse. Involves massaging the upper back, neck, shoulders and arms. Then Essential oils, which are carefully blended, are applied to the scalp. The scalp, ears and face are then massaged. Some ailments that benefit from this treatment are stiffness in neck and shoulders, mental and emotional stress, tinnitus, temporo-mandibular tension, migraine, insomnia and eye strain

£24 40 Mins

HOLISTIC FACIAL

An ultra-pampering Treatment which consists of cleansing, moisturising, applying a facial mask, followed by massage to the scalp, face, shoulders and neck with Essential oils, blended specifically for you with all-natural skin care products.

£24 40 Mins

HOPI EAR CANDLING

THERMO AURICULAR THERAPY

Is a pleasant and non-evasive treatment of the ears..A natural ear cleaning technique, that is a simple & safe method of removing infections & residuals of past ear infections..

Not painfull at all you will feel a light suction action (chimney effect) and the movement of the flame create a vibration of air in the earcandle, generating a massage like effect on the eardrum.This induces a pleasant feeling of warmth and a balance of pressure in the ears. once both ears are treated yor face is then massaged involving pressure points & lymph drainage

It is soothing and helpful for Exsessive Compacted Earwax, slight Ear Infections, Colds, Flu, Headaches, Migraine, Glue ear, Sinusitis, Rhinitis, Tinnitus, Menieres Disease, Snoring, Stress relief due to relaxation, Neuralgia, May help sufferers of Bell's Palsy

This physical effect is often described directly after the treatment as a soothing, pressure and pain relieving sensation, mainly in the ear and head area

Treatment may also spontaneously cause freer naseil breathing and an improved sense of smell, even when the nose was blocked before treatment.

For our earcandles we only use premium quality pesticide-free untreated cotten, pure beeswax, honey extract and traditional herbs such as sage, st johns wort, camomile & pure essential oils. and have recieved the CE mark 93/42-EEC, The EC guideline for medical products

**WE STRICTLY DO NOT RECOMMEND
EARCANDLES IF YOU HAVE GROMMETS
PERFORATED EAR DRUM (FIRST SIX MONTHS)
OR INFLAMATION OR INFECTION OF
THE EAR OR SKIN DISEASES IN AND
AROUND THE EAR**

£26 40 Mins

If you pay for 2Hopi ear treatments in advance you will recieve the third 1/2 price

**PAY FOR 3 TREATMENTS IN ADVANCE AND RECIEVE
THE 4TH FREE
EXCLUDING HOPI EAR,DIAMOND OXY AND
DERMABRASION AND V-BEAUTY**