

# Treatments and Prices

## Reflexology

### Reflexology Treatment £50 (60 minutes)

A therapeutic treatment which can comprise of traditional reflexology working on the feet, advanced Vertical Reflex Therapy techniques, Reflexology Lymph Drainage and hand reflexology, depending on the individual's needs. Regular treatments can be excellent for treating a wide range of health conditions as well as alleviating stress and strengthening the immune system.

### Reflexology Lymph Drainage Treatment £50 (50 minutes)

Stimulation of the lymphatic system using a unique reflexology sequence, to aid lymphoedema swelling, auto-immune disorders and other inflammatory conditions.

### Combination Treatment £80 (90 minutes)

This treatment begins with a relaxing Indian Head Massage to release tension in the head, face, neck and shoulders, followed by a deeply calming foot reflexology treatment, to soothe away stress.

## Indian Head Massage

### Indian Head Massage £45 (45 minutes)

A relaxing massage to the shoulders, neck and head, finishing with the face, great for easing muscle tension and relieving stress. Regular treatments can be the ideal addition to a healthy lifestyle and help you to maintain an overall feeling of wellbeing.

### Combination Treatment £80 (90 minutes)

This treatment begins with a relaxing Indian Head Massage to release tension in the head, face, neck and shoulders, followed by a deeply calming foot reflexology treatment, to soothe away stress.

## Reiki

### Reiki Treatment £65 (75 minutes)

A thorough treatment, calming and relaxing you whilst peacefully restoring the body's energy balance by clearing blockages, harmonising the energy centres and fully reconnecting the energy flow around the body. Also working on any specific symptoms discussed during our consultation. Regular treatments can support you in maintaining a healthy lifestyle and creating an overall feeling of well-being, as well as having a positive effect on long term health problems.

### Distant Reiki £65 (75 minutes)

A full thorough treatment as above. Includes telephone consultation and a follow up call.

## EFT Tapping

### First Session £75 (90 minutes)

### Subsequent Session £65 (60 minutes)

A non-invasive therapy, which is safe to use with adults and children, using Emotional Freedom Techniques to tackle the root cause of a wide range of physical and emotional issues. By gently tapping to stimulate the meridian points, whilst focusing on the issue, EFT releases emotional blocks stored in the energetic system.

## Gift Vouchers

### Gift Vouchers, perfect for someone special!

Complementary therapies are the perfect way to relax and make a wonderful personal gift for those special to you. Why not treat someone today and choose from one of our lovely gift vouchers, which can be purchased either for a particular treatment or any amount from £10.

Gift Vouchers can be collected from us, or posted to either the purchaser or recipient.

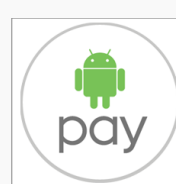
## Healthcare Plans

### Personal and Company Healthcare Plan Members

Due to our memberships with the Association of Reflexologists (AOR) and the Complementary and Natural Healthcare Council (CNHC), you may be able to claim back up to 100% of the cost of your Reflexology and Reiki treatments. Each plan will differ in terms of cover and what is required in order to make a claim, so please check the terms of your plan with your provider.

## Payment Options

Payment is accepted in cash, by card or in advance by BACS.



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