

# Treatments and Prices

## Reflexology

### Reflexology Treatment £45 (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 £45 (50 minutes)

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

### Facial Reflexology Treatment £40 (40 minutes)

A deeply soothing treatment which works to release tension within the facial muscles and connective tissue. This treatment has the wonderful advantage of giving the complexion a younger, radiant glow as well as improving skin texture and tone over a series of treatments.

### Luxury Feet & Hands Reflexology Treatment £55 (75 minutes)

Perfection in pampering, this treatment begins with a full traditional foot reflexology treatment, followed by a lower leg and foot massage, finishing with a moisturising warm foot wrap whilst enjoying a hand reflexology massage.

### Luxury Facial & Hands Reflexology Treatment £50 (60 minutes)

The ultimate in relaxation, a complete facial reflexology treatment along with a soothing hand reflexology massage.

## Indian Head Massage

### Indian Head Massage £40 (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.

### Luxury Indian Head Massage £50 (60 minutes)

Unwind and relax with a full Indian Head Massage to ease tension in the head, face, neck and shoulders, finishing with a soothing hand reflexology massage.

## Reiki

### Reiki Treatment £60 (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 £60 (75 minutes)

Full treatment as above. Includes telephone consultation and a follow up call.

### Animal Reiki Treatment £60

Full Treatment of up to 60 minutes (guided by your animal).

We come to you, enabling your pet to stay in safe, familiar surroundings, avoiding a stressful car journey.

Travelling charges are 45p per mile.

## EFT Tapping

### First Session £70 (90 minutes)

### Subsequent Session £60 (60 minutes)

### Session Extension £30 (30 minutes)

Sessions can be extended by 30 minute increments, in the appropriate circumstances, by mutual agreement.

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.

For that individual touch, our gift vouchers can be personalised to suit any special occasion at a cost of £3.

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

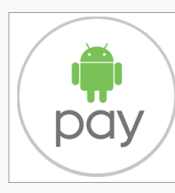
## Healthcare Plans

### 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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