

Treatments and Prices

Reflexology

Reflexology Treatment £40 (60 minutes)

A therapeutic treatment which can comprise of traditional reflexology, advanced Vertical Reflex Therapy techniques and hand reflexology, depending on the individual's needs. Ideal for alleviating stress and strengthening the immune system.

Reflexology Package £110

A course of three reflexology treatments, as detailed above.

As part of a healthy lifestyle, this package is excellent for maintaining an overall feeling of well-being, as well as helping with long term health problems.

Payable in advance. A £10 saving compared to individual treatments.

Course to be completed within 3 months.

Luxury Reflexology Treatment £50 (75 minutes)

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

Facial Reflexology Treatment £35 (40 minutes)

A blissful, 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 Facial Reflexology Treatment £45 (60 minutes)

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

Indian Head Massage

Indian Head Massage £35 (45 minutes)

A relaxing massage to the shoulders, neck and head, finishing with the face, great for relieving muscle tension.

Indian Head Massage Package £95

A course of three treatments, as detailed above.

By regularly easing tension and relieving stress, this package is ideal for maintaining a feeling of well-being.

Payable in advance. A £10 saving compared to individual treatments.

Course to be completed within 3 months.

Luxury Indian Head Massage £45 (60 minutes)

Why not pamper yourself with a relaxing Indian Head Massage to ease tension in the head, face, neck and shoulders, finishing with a soothing hand reflexology massage.

Reiki

Reiki Treatment in The Lodge £25 (30 minutes)

A calming treatment to relieve stress, release tension and boost the immune system by rebalancing the body's energy centres.

Reiki Treatment £50 (60 minutes)

A calming, relaxing treatment to peacefully restore the body's energy balance by clearing blockages, harmonising the energy centres and fully reconnecting the energy flow around the body.

Reiki Package £135

A course of three 60 minute treatments.

This package 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.

Payable in advance. A £15 saving compared to individual treatments.

Course to be completed within 3 months.

Animal Reiki Treatment for Pets £30

Full Treatment of up to 30 minutes (guided by your animal).

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

Travelling charges are 45p per mile.

Equine Reiki Treatment £50

Full Treatment of up to 45 minutes (guided by your horse).

Travelling charges are 45p per mile.

EFT Tapping

First Session £65 (90 minutes)

Subsequent Session £50 (60 minutes)

Session Extension £25 (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 cheque and also by card.



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