

Reiki and Guided Relaxation



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 Health & Well-Being 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.

A £15 saving compared to individual treatments.

Payable in advance. 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.

Guided Reiki Relaxation in The Lodge (60 minutes)

Open Group Session £6 per person

Private Group Session £60 up to 6 people, £100 for 7-10 people

One To One Session £40

Reflexology and Indian Head Massage



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 Health & Well-Being Package £110

A course of three 60 minute treatments.

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.

A £10 saving compared to individual treatments.

Payable in advance. Course to be completed within 3 months.

Luxury Reflexology Treatment £50 (75 minutes)

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

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 Relaxation Package £95

A course of three 45 minute treatments.

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

A £10 saving compared to individual treatments.

Payable in advance. Course to be completed within 3 months.

Gift Vouchers are available from only £10

Personalise one to suit any occasion for £3