



## HOLISTIC THERAPIES

### **INDIAN HEAD MASSAGE / 40 mins / £33.00**

Indian Head Massage is known as a great 'stress buster' But its calming benefits can be enjoyed at any time. The treatment is carried out in a sitting position; the massage starts on the back and continues to the neck, shoulders and arms. Moving finally to the scalp and face. A light coconut oil is used to soothe the muscles, restore balance and harmony to the mind & body.

### **REFLEXOLOGY / 1 hour / £35.00 x 3 £95.00**

This is the application of pressure, stretch and massage to the feet that effect corresponding parts of the body. The treatment can be used to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance. It is suitable for all ages and may bring relief from a wide range of acute and chronic conditions. Many people use reflexology as a way of relaxing the mind and body and counteracting stress. \* A course of treatment is recommended to help with any specific conditions\*

### **HOLISTIC UNWIND / 1hr 30mins / £61.00**

Enjoy an Indian Head massage with coconut oil and relax on a couch while you have your reflex-