



ULTIMATE HEALING - TREATMENT AND PRICE LIST



MASSAGES



PRICES

Swedish Body Massage

Traditional, flowing Massage technique where pressure is applied deep into the muscles to relax them. Increases the oxygen in the blood and releases toxins. This massage will leave you feeling wonderfully pampered and chilled. It takes approx 1 hour and is applied to your front and back – yummy.

£ 45-00

Hot Stone Massage

This is a scrumptious treatment, where heated basalt stones are placed in specific points along your spine. The lovely properties of the hot stones and deeply penetrating massage will recharge your energies. This truly awesome 1 hr+ treatment will help to release tight muscles and leave you feeling balanced, fully restored and completely relaxed.

£ 50-00

Indian Head Massage

This treatment concentrates on massaging the head, upper back & shoulders, scalp and face. It relaxes tense areas and may help relieve tension headaches, neck & shoulder stiffness, eyestrain and insomnia. It promotes a general sense of wellbeing, calmness and deep relaxation. A typical treatment takes approx ½ hour.

£30-00

** Special Deal: Course of 4 Indian Head Massages and save £20. **

£100-00

***NO HANDS* Massage**

A Massage with a Difference and possibly my most popular treatment. Experience the power of the latest and exciting approach to massage. It is so powerful, nurturing and deep (yet oh so gentle) that you can release all tension and fully rejuvenate. Take time out feel it believe its magic. Absolute and utter BLISS.

Foot Massage 20 minutes £20
Colon Massage 20 minutes £20
Structural Release 30 minutes £30
Detox 30 minutes £30
Back Massage 40 minutes £40
Reflex Treatment 40 minutes £40
Full Body Massage 60 minutes £45
Full Body Supreme 90 minutes £55

Fusion Massage

Experience a combination of all the massage techniques I have to offer. This will ensure you get a tailored treatment specifically to suit your individual needs.

£70-00

Duration – 2+ hours



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TREATMENTS

Reiki **£40-00**

Reiki is a method of using universal energy to enhance wellbeing. It is a simple, direct and accessible form of healing. With a gentle hands-on technique the Reiki energy brings peace and balance to the mind, body and spirit. A typical session takes approx 1 hour.

Hopi Ear Candles **£ 30-00**

Thermal Auricular Therapy is a natural, pleasant and non-invasive treatment of the ears. Some people have found Hopi candles to help with excessive or compacted wax in their ears, sinus irritation, glue ear, colds, flu, tinnitus and more.

Reconnective Healing **£35-00**

Reconnective Healing is bringing light and information from source and has been brought forward to use to heal ourselves and others. You remain fully clothed, but remove your shoes. All sessions take place on a therapy couch.

Each healing session lasts for approximately 30-40 minutes. Usually you will need up to 3 sessions.

DORN METHOD (Spine and Joints)

Dorn is a gentle, safe and very effective treatment that helps to alleviate the cause of back and joint pain. It is suitable for people of all ages. Dorn is used to correct misalignments of the spine and other joints. Pain & crunch free.

The Dorn Method is often combined with a Breuss massage which specifically massages the vertebrae on the spine and gently stretches and completes the treatment.

First session - 1 hour **£45-00**

Subsequent sessions **£35-00**

Dorn & Breuss Combination Treatment **£50-00**

**** Special Deal: Book & pay for 3 Dorn sessions upfront and you save £25. **** **£95-00**