



## THERAPY ROOM

Treatment price list

	30	45	60
<b>Reiki</b> .....			<b>50</b>
<i>Reiki is a beautiful healing life force energy that removes energetic blockages and restores harmony within the body. This treatment starts with chakra cleanse and balance. Followed by a full Reiki treatment. To finish your energy will be grounded and your aura will be cleansed &amp; protected.</i>			
<b>Chakra cleanse &amp; balance</b> .....	<b>30</b>		
<i>This Reiki and crystal infused session is all about aligning, balancing and cleansing your chakras. This includes a chakra analysis, balancing and healing. At the end your energy will be grounded and your aura will be cleansed and protected.</i>			
<b>Indian head massage</b> .....	<b>30</b>		
<i>Focuses on the tension held in your head, face, neck and shoulders. This is perfect for relaxation and de-stressing using coconut oil to deeply condition skin and hair.</i>			
<b>Indian head massage with reiki</b> .....		<b>45</b>	
<i>A full Indian head massage followed by healing Reiki energy being channeled into your crown, third eye and throat chakra for ultimate relaxation.</i>			
<b>Swedish full body massage</b> .....	<b>30</b>		<b>50</b>
<i>A wonderful all-rounder massage to promote relaxation through soothing tension in the muscles. Involves a variety of kneading, tapping, gliding and pressure techniques to calm the nervous system and restore wellbeing.</i>			
<b>Aromatherapy massage</b> .....	<b>30</b>		<b>50</b>
<i>Restore your body, mind and spirit with the use of aromatherapy oils upgraded into your massage treatment to help restore inner peace and relieve tension.</i>			
<b>Hot stones massage</b> .....	<b>40</b>		<b>60</b>
<i>Heated basalt stones are placed as well as massaged along the body to enhance deep relaxation. The heat from the stones help to relax the body and warm up the muscles allowing for a deeper all-over massage for tension relief.</i>			
<b>Reiki massage</b> .....			
<i>Add Reiki to any massage for an extra £15. Reiki will flow through the hands as they glide over the body for maximum healing and relaxation.</i>			

Please book treatments in advance.

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