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2, A 16

#### TAILORED TREATMENTS & MASSAGE 30 minute treatment 32.00 60 minute treatment 50.00 90 minute treatment 65.00 120 minute treatment 85.00 FACIALS Express 33.00 45.00 Signature 65.00 Luxury Lift & Sculpt with Facial Reflexology 65.00 Wild Rose Glow Facial 45.00 REFLEXOLOGY Feet & lower legs 45.00 Hands & arms 45.00 Facial Lift Massage with Facial Reflexology 60.00 Head in the Clouds treatment 60 minutes 42.00 Head in the Clouds treatment 90 minutes 65.00 Wild Rose Glow Foot Smoothing Ritual 45.00 BODY Hot Stone Massage - Back, neck & shoulders 50.00 Hot Stone Massage - Full Body 65.00 Hot Stone neck & shoulder massage with **Express Facial** 50.00 Tailored Salt Glow & Back Massage 65.00 Lymphatic Drainage Massage 45.00 Raindrop Therapy Aroma Massage 50.00 Bee Lovely Top to Toe Spa Ritual 90.00 Wild Rose Full Body Spa Ritual 90.00

#### **ENERGY TREATMENTS**

Reiki 30 minutes	25.00
Reiki 60 minutes	45.00
Reiki Chakra Balancing	45.00
Meditation & Reiki	45.00
Crystal Therapy with Reiki	45.00
Ear Candling with Facial Lymphatic Drainage	45.00
and Decongesting Massage	





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#### **PREGNANCY TREATMENTS**

Back, neck & shoulder massage	45.00
Back, neck, shoulder aromatherapy massage	50.00
Full body Massage	65.00
Full body aromatherapy massage	75.00
Pregnancy Reflexology	45.00
Birth partner reflexology & massage courses	180.00

# TREATMENTS FOR TWO

Tandem Hot Stone Massage for Two	130.00
Massage Lesson for Two	180.00
Reflexology Lesson for Two	180.00
Birth Partner Holistic Course	180.00

# **INDIAN HEAD MASSAGE**

30 minute Indian Head Massage	33.00
60 minute Indian Head Massage & Scalp	45.00
treatment	
Head in the Clouds - Head Massage and	45.00
Reflexology treatment 60 minutes	

# CHILDREN (UNDER 16)

30 minute session with parent present	20.00
Tailored treatment for child following full	
consultation	
Therapist lead bespoke technique training	60.00
for parents / carers with child for use at	
home with the family	

# THERAPY TRAINING

Regular accredited professional therapy training short courses run every month, including Swedish Body Massage. Prices from £150

# WORKSHOPS & TRAINING

Meditation Class	10.00
Aroma Balance Workshop	50.00
Potions Club	45.00
Introduction to Aromatherapy Class	50.00
Introduction to Aromatherapy 8 Week	250.00
Course	