

CHAIR MASSAGE

A seated, clothed massage, especially designed to address those areas of tension- neck, back and shoulders. These techniques have been proven to relax and invigorate, improving concentration and reducing stress levels- as used on rescue workers in New York (15 minutes) **£15**

REIKI

Originating from Japan, "Rei" universal wisdom and "Ki" life energy. This gentle hands-on system of healing can be used to treat anything on a physical, spiritual or emotional level and is an effective way of maintaining balanced well-being.

60 MINUTES

£40

THERMO AURICULAR THERAPY

Used by many ancient civilisations, such as the Hopi Indians. A non-invasive gentle treatment using beeswax candles to help eliminate toxins, purify and heal the sinuses, greatly benefiting the ears, nose and throat. A pressure point massage is also used to aid relaxation and enhance the cleansing process.

45 MINUTES

£25

HOLISTIC FACIAL

A restorative, rejuvenating facial using natural products and aromatic oils. The skin is deeply cleansed, toned and exfoliated; a mask is then applied, leaving the skin feeling soft with reduced lines and a fresh youthful glow.

30 MINUTES

£27

60 MINUTES

£40

EXTRA RELAXING FACIAL

Including a back exfoliation and massage (105 minutes)

£50



BESPOKE PAMPER PARTIES

We bring the Spa to you, using well-known techniques and products such as Clarins and Guinot. A perfect solution to a special occasion and can be tailored to suit any event or get-together. From cupcakes and mini pamper treatments to a full gastronomic experience and luxury treatments. A whole selection of mini-spa treatments to suit everyone. Ideal for hen parties, birthday celebrations, coffee mornings, school functions, fund raising and corporate events.

(Refreshments, food, afternoon tea, light lunches, handmade crafts, jewellery and home-ware can also be included by prior arrangement).

Please call for a free quotation and to discuss requirements and party size. 01572 720044 or 07794 723831

Please telephone to arrange an appointment or to discuss any questions you may have about the treatments I offer. Some discounts apply. Please see web-site.

My professional affiliations and qualifications

- BSc (Hons) Health Sciences and Nutritional therapy.
- Member of The British Association for Applied Nutrition and Nutritional Therapy (BANT)
- National Council of Hypnotherapy Diploma- (NCH)
- Member of the National Council for Hypnotherapy (NCH)
- Registered with the Complementary and Natural Healthcare Council (CNHC)
- 1991-2014 Multiple qualifications and diplomas in holistic health care
- Carries full professional indemnity and medical malpractice insurance with Balens

Following the September 11th terrorist attack I assisted the relief effort by providing on-site chair massage to the rescue workers in NY and have helped to set up a charity called REST UK to provide stress relief to Emergency Responders in the UK.

Hypnotherapy, nutrition and natural healing therapies designed to treat the whole person

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*“Open up new horizons
and unlearn old habits”*

Dr Prasad Kaipa, coach, mentor and author

HYPNOTHERAPY

Hypnotherapy is the most natural non-invasive therapy known to mankind. It holds the key to changing old or unwanted behaviour patterns, thoughts and feelings, creating positive behaviour and a happier healthier mindset. Whatever you want to change - stopping smoking, losing weight, coping with stress, overcoming fears or phobias, or improving your sports performance - just about anything can be addressed by hypnotherapy.

Hypnosis will help you harness your own inner power and change your life in your way and at your own pace, leaving you in control of your destiny.

FIRST CONSULTATION (90 minutes) £60
(This includes full support and material to enhance the process of change)

FURTHER APPOINTMENTS (60 minutes) £40

HYPNO WEIGHT REDUCTION

Only 2% of people who “go on diets” manage to lose weight permanently. This complete, tried and tested programme offers powerful, but gentle techniques that really work. A five week course to access your subconscious mind to re-programme the way you eat and the way you think about food for life.

FIRST CONSULTATION (90 minutes) £60
FURTHER APPOINTMENTS (60 minutes) £40

HYPNO GASTRIC BAND THERAPY

A gentle but powerful process offering an innovative approach to weight loss. Hypno gastric band is a safer, non-invasive alternative to radical surgery and is proving very successful. The hypno gastric band process helps to convince the unconscious mind that a gastric band has been fitted, so the body then behaves as if it were physically present.

The approach is offered in two 90 minute sessions following the weight loss programme

FIRST TWO APPOINTMENTS (90 minutes) £60
FURTHER APPOINTMENTS (60 minutes) £40

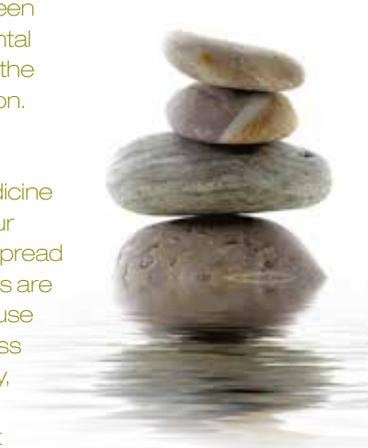
Both the above programmes offer a nutrition and exercise plan, full support and monitoring service. A 20% discount is given when package booked and paid for in advance.

*“Let food be your medicine
and medicine be your food”*

Hippocrates, Greek Physician, 460BC

NUTRITIONAL THERAPY

Good nutrition has been seen to be fundamental to good health since the beginning of civilisation. Nutritional therapy is a form of holistic complementary medicine which addresses your dietary needs. Widespread nutritional deficiencies are thought to be the cause of much chronic illness in our society. Healthy, wholesome foods, dietary management and supplementation have been seen, through much scientific research, to be the most potent therapeutic tool in the maintenance of good health and the prevention of disease.



There are few ailments that cannot be helped by dietary changes. Weight reduction, depression, stress, menopause, low energy and digestive disorders are just some of the problems helped by good nutrition. Everyone can benefit from improving their diet, increasing beneficial foods and omitting those that compromise our health and drain our energy! Food intolerances and allergies can also be identified, thereby improving health and energy levels.

PRICES FOR NUTRITIONAL THERAPY

FIRST CONSULTATION (90 minutes) £60

An in-depth look at your health, wellbeing and predisposition towards certain health conditions. Recommendations and a full dietary analysis are then forwarded to you after a full investigation is made (A home visit and shopping trip can be included by arrangement).

FURTHER APPOINTMENTS (60 minutes) £40

*“Living in balance and purity is the
highest good for you and the earth”*

Deepak Chopra, new age guru, writer and physician

HOLISTIC TREATMENTS

MASSAGE

Massage uses the power of touch to assist in the healthy functioning of many systems in the body. The benefits include direct physical and biological changes leading to deep relaxation and a profound sense of well-being.

Remedial massage helps to ease tension and soothes aches and pains.

30 MINUTES £25
60 MINUTES £40

AROMATHERAPY

Aromatherapy uses essential oils from plants and flowers, in conjunction with specific massage movements, to obtain therapeutic benefit to the body and mind.

30 MINUTES £27
60 MINUTES £45
90 MINUTES (includes face and scalp) £55

HOT STONE MASSAGE

A treatment based on the healing qualities of hot stones, which has its roots in Native American beliefs and traditions.

This therapy uses various massage techniques working in harmony with warm stones to relax the body at a deeper level. The combination of the unique energies of the stones and universal energy, balances mind, body and spirit and assists the internal energy flow.

FULL BODY - 75 MINUTES £55
BACK 45 MINUTES £30
FACIAL 60 MINUTES £40

INDIAN HEAD MASSAGE

A soothing treatment to restore energy flow and reduce tension in the scalp, neck and shoulders. Can help relieve headaches, sinus problems, eye strain, and the stresses of everyday modern life.

30 MINUTES £25