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## Holistic Therapies York – Prices and Special Offers from March 2017

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**Treatment** (see website for more details on the Treatments) **Price**

### **REFLEXOLOGY**

A lovely, deeply relaxing treatment  
Reflex areas on the feet are worked on.  
Helps relieve stress and tension, improve circulation,  
Achieve a state of balance and sense of wellbeing

**£35 for 1hour**

### **MASSAGE**

**Back, Neck and Shoulders**

**£33 for 45mins**

**Full Body**

**£40 for 1 hr**

### **HOT STONES MASSAGE**

Soothing, relaxing and healing. Drift away. Pure Bliss

**See 'Massage' Prices above, plus a  
supplement of £3 per treatment  
i.e Full Body is £43**

### **ORGANIC FACIAL**

Express Facial –Steam, Cleanse, Exfoliate, Mask, Tone,  
Moisturise

**£25 for 30 mins**

Deluxe as above but also includes Face Massage  
plus hand or scalp massage.

**£33 for 45 mins**

### **ULTIMATE 'FEEL GOOD' FACE TREAT**

Express Facial as above plus Natural Rejuvenation  
Facial Massage (see below)

**£40 for 65 mins**

### **NATURAL REJUVENATION FACIAL MASSAGE**

A combination of Thai, Indian and Japanese massage  
techniques together with Acupressure gives you radiant,  
smoother, more toned and healthy skin.

**£28 for 45 mins**

With (i) express organic facial

**£40 for 65 minutes**

Or (ii) your choice of 2 extras from mini Hand/ Arm  
Massage, scalp massage, or foot massage

**£36 for 60 mins**

### **INDIAN HEAD MASSAGE**

Performed in a seated position with or

without oils. Head, face, neck, shoulders, arms are massaged. Calming, uplifting and revitalizing

**£30 for 45m**

**Why not add on a hand & arm massage and/ or a mini radiance face massage**

**each = £8 for 15m**

### PARAFFIN WAX

2 hands or 2 feet

Includes hand or foot scrub and relaxing hand or foot Massage. As an added treat for you also enjoy a soothing Head, shoulder or neck massage.

**£25 for approx 40m**

### THAI FOOT MASSAGE

Massage, acupressure and gentle stretching techniques are used

Also includes lower legs

Relaxing and especially good for those who are on their feet all day

**£37 for 1hr**

### SPECIAL CREATE YOUR OWN UNIQUE TREATMENT - pick 2

(you will get a full 30 minutes of each)

30mins Indian Head Massage

30mins Thai foot massage or taster Reflexology

30mins Back, Neck & Shoulder massage

30 mins express Facial

30mins Natural rejuvenating Face massage

30mins Hot Stone Massage

**£42 for 1hr**

### SEATED ACUPRESSURE MASSAGE

Performed over clothes, a great 'pick me up'!

Back, shoulders, arms hands neck, scalp

- invigorating, energising, relaxing, de-stressing

**£13 for 20m**

**£20 for 30m**

**Please note: At the moment I can only accept cash,cheque or Bank Transfer**

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## **SPECIAL OFFERS**

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**REFER A FRIEND** and get 20% off your next Treatment per friend

### **HEALTH LOYALTY BONUS**

Regular treatments can be very beneficial to your health and wellbeing. See below\*\*\*. Be loyal to your health and incorporate Complementary therapies into your regular health and wellbeing Routine.

**Have 4 monthly treatments and get the 5<sup>th</sup> totally free THAT'S A SAVING OF 20%**

5<sup>th</sup> treatment must be booked no later than 5 months after the date of the first treatment

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## CANCELLATION POLICY

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Please let me know at least 24 hours in advance if you want to cancel or a charge will be made. This will free up the space for another client who may require it.

### Benefits of Regular Treatments

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\*\*\* Getting a massage is one way to pamper ourselves after a tiring week or month. However, more studies and research have been conducted that proves that massage is more than just about relaxation and pampering yourself. Having a regular massage of any type or Reflexology can contribute to your overall well-being and health. Here are some of the benefits of having regular massages

**Relieves Stress** This is one of the most well-known benefits of getting any kind of massage. Massages loosen up muscles that stiffened up due to sitting for long hours and bad posture at work. A good massage can also relieve you of tiredness and contribute in improving your sleep pattern. Reflexology relaxes all the body systems which makes you yourself feel relaxed. The body is then more able to work at healing itself

**Management of Psychological Disorders** Massage and Reflexology because of their relaxing attributes can help manage the psychological disorders such as depression. Getting a massage regularly relaxes you and soothes the mind.

**Improve Blood Circulation** The treatments stimulate the lymphatic system and allow for free blood flow and circulation. This allows for better oxygen exchange in the body and distribution of blood especially in your lower limbs.

**Relieves Muscle Pain** Regular therapeutic massage can also help relieve sore muscles minus all the drugs and pain relievers that a doctor might administer. Regular massages will loosen up your muscles, allowing it more flexibility and mobility and prevent you from suffering muscle cramps again in the future. It is also good for muscle strains and sprains.

**Proven Immunity Booster** With the kind of lifestyle we are living nowadays, it is very easy to deplete our immune system. The more we engage in stressful activities, the more our body produces cortisol which is also known as the stress hormone. Massage and Reflexology can significantly lower the cortisol levels in our body and boost our immune system

**Soothing** Therapeutic Touch most importantly, touches the core of every human's longing which is to be nurtured. There is something soothing and nurturing in the idea that we are being taken care of by someone else which is a primitive form of affection.

**Is detoxifying** getting a massage regularly also helps flush out harmful toxins out of our systems. It loosens up constricted muscles and mucus build up in our lungs. Massage also helps improve muscle metabolism, increase stamina and quickens the recovery and healing process of the muscles. Reflexology improves the blood supply round the body which promoted the flushing out of toxins.