MASSAGE

Back and shoulders, ideal for tension and releasing muscular strain

Treatment time is 45 minutes. Please wear comfortable clothing. Consultation and post massage advice is included in the price but you may need to allow extra time.

RELEXOLOGY

Excellent treatment on the feet for a host of reasons and ideal if you prefer not to lie on your front. Treatment time is 1 hour. consulation and advice included in the price, extra time may be needed.

REIKI

To soothe and calm both the body and mind Reiki can be used as a hands on or off the body treatment which is suitable for most people. Treatment time can be 45 minutes or 1 hour.

HEALING SESSION

a session includes two treatments.

REIKI AND MASSAGE OR

REIKI AND REFLEXOLOGY

It lasts 1 hour and 30 minutes.

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with all my treatments i work with the person to find the best plan of action to help. This may include exercises, journalling, crystals, advice.