

## HOLISTIC THERAPIES

Positivity, kindness, compassion, intuition and energy are all core aspects of Reiki and form the very essence of all of our treatments.

### **Reiki Healing**

£65 (60 min)

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Feel nurtured and rebalanced as warm healing energy flows through your body. Enjoy a sense of deep relaxation and tranquility as your body and emotions receive deep healing that nourishes your very soul.

### **Hopi Ear Candles**

£35 (30 min)

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Your head will feel instantly lighter after this relaxing treatment. This Hopi Indian ritual helps clear the sinuses, removes blocked pressure and extracts excess wax.

### **Kinesiology**

£65 (60 min)

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Using muscle testing, we can see whether your body is absorbing all it needs nutritionally and we can check for food sensitivities. This treatment improves circulation and effectiveness of your lymph and immune system allowing you to feel more balanced and relaxed.

### **Reflexology**

£65 (60 min)

£95 (90 min)

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Using holistic massage and gentle pressure on your feet to resolve health issues throughout your body, it is deeply relaxing and hugely beneficial.

