

AROMATHERAPY

As long ago as 3000BC the Egyptians were known to use aromatic oils.

Essential oils have many properties and can help many conditions. They help the body and mind return to a balanced state.

Aromatherapy is gentle and soothing. Oils are chosen to suit the individual following a full consultation.

REFLEXOLOGY

By applying pressure to the feet and/or hands, energy pathways are cleared and the healing powers of the body activated.

Early Japanese, Chinese, Indian, Russian and Egyptians worked on the feet to promote good health.

Reflexology reduces stress, improves circulation, cleanses the body of toxins and impurities, revitalises energy and calms the mind.

HEALING

Healing assists the natural healing resources of the mind and body. Some will experience a pleasant feeling of warmth, others may have a feeling of relaxation and comfort.

A general awareness of upliftment and peace often occurs.

TOUCH FOR HEALTH

Muscles are tested to detect and correct imbalances in energy flow, based on the principle that muscles and organs of the body are connected by meridians (energy channels).

Dietary advice may be given. Food intolerances and deficiencies can be detected.

HOPI EAR CANDLES

The native American art of using Hopi ear candles to benefit health and well being and to promote relaxation. Includes facial massage with essential oils. Ear candling can help conditions such as headaches, insomnia, sinus problems and excessive ear wax.

If you are unsure which therapy suits your needs, this can be decided during your consultation

ALSO AVAILABLE:

GIFT VOUCHERS

make an unusual and much appreciated gift

ESSENTIAL OILS AND AROMATHERAPY PRODUCTS

of the purest quality available

GIFT PACKS AVAILABLE TO ORDER

TALKS AND DEMONSTRATIONS

I recycle bottles when possible so returned empty bottles are appreciated