

Holistic Treatments

Holistic therapy is a way of treating many physical or emotional conditions.

It takes into account the whole person rather than concentrating on a symptom or a particular part of the body that has a problem.

Holistic treatments aim to help you restore the balance within your body.

The treatments that we offer include:-

Sports Massage, Deep Tissue Massage

50 minutes.....£40

30 minutes.....£25

Holistic Relaxing Massage, Reflexology, Pregnancy Massage, Lymphatic Drainage Massage £40 per Hour

Hypnotherapy *Initial consultation Free £45 per hour*