**Therapies / Treatments**

**Neck and shoulders - 15 minutes £15**

Using traditional massage techniques this massage focuses on the neck and shoulder area to remove muscular aches, knots and improve joint mobility.

**Back, neck and shoulders - 30 minutes £25**

The massage techniques used will help soothe, relax and release muscular tension around the back, neck and shoulders.

**Leg & Foot Massage – 15 minutes £15**

This therapeutic massage focuses on the legs and feet stimulating the nervous system, relieving muscular tension and encouraging healthy circulation.

**Full body Swedish – 60 minutes £35 (mobile £40)**

Full body Swedish massage using traditional techniques to help de-stress, detoxify and revitalize your body.

**Reiki Massage – 90 minutes £55 (mobile £60)**

Enjoy a full body massage combined with the relaxing power of Reiki.

**Ear Candling – 45 minutes £30 (mobile £35)**

(Thermal Auricolor Therapy)

Is a pleasant and non-invasive treatment of the ears, it is used to offer real and calming benefits for many problems and conditions associated with the ear, nose and throat areas.

**Crystal Healing Therapy - 60 minutes £35 (mobile £35)**

Crystal healing can bring relief from stress and tensions leaving the client feeling revitalised and relaxed with a greater amount of peace and harmony.

**Table Thai Stretch Massage – 60 minutes £35 (mobile £35)**

Table Thai Stretch Therapy utilises the exquisite stretches and presses from Thai massage. It is the perfect complement to any exercise routine and is suitable for clients of all ages and abilities and is known as the lazy man’s Yoga.

**Reiki – 30 Mins £20 (mobile £25)**

Reiki energy brings deep relaxation, soothing emotions and reducing negative feelings. Reiki can help you be the best that you can be. It can bring clarity, focus and a sense of purpose back into life. One treatment is physiologically the equivalent of 3 to 4 hours' deep sleep.

**Chakra Balancing – 30 minutes £20 (mobile £25)**

Using the power of sound and reiki this can help give you more energy by unblocking the 7 major chakra’s.

**Reiki 1 and Reiki 2 Training - £200 (Max 4 students)**

Reiki is like a form of first aid in your hands that will never leave you.  Energy will flow through your hands whenever you touch with intent.  Reiki 2 opens additional energy centres and connects you to a greater volume of Reiki Energy.

**Reiki Master Training - £300 (Max 4 students)**

Only available if you have taken the Reiki 1 and 2 courses, this level will further deepen and strengthen the Reiki energy.

**Psychic and Mediumship**

Are you in need of some spiritual guidance we can help you with Psychometry, Tarot Card Readings, Oracle Card Readings, Psychic Parties. We offer Phone, Skype, Whats App, Facebook Messenger, Zoom, Text Readings or Email Readings. We can come to you or come and see us in our Beautiful Therapy room.

**Tarot / Oracle Card Readings – 30 minutes £30 (mobile £35), with CD recording – 30 minutes £35 (mobile £40)**

**Mediumship Sittings** – **30 minutes £40 (mobile £45)**

**Text Readings – 1 question via £5**

**Email Readings – 1 question via Email £5**

**Psychic / Reiki / Massage Parties**

We can organise a party in your own home, the host will get a free treatment or reading.

**Gift Vouchers available**