



Wellness Day Itinerary

**We can accommodate 12 sessions per day.
Simply book a 25 minute slot and choose your treatment.
Sessions begin at 10:00 finishing at 16:30**

Please be ready 5 minutes before your appointment for a smooth running order.

Name	Treatment	Time
<i>Example - Simon Smith</i>	<i>Reflexology</i>	<i>10:00 – 10.25</i>
		<i>10:30 – 10.55</i>
		<i>11:00 – 11.25</i>
		<i>11:30 – 11.55</i>
		<i>12:00 – 12.25</i>
		<i>12:30 – 12.55</i>
Lunch Break – 13:00– 13:30		
		<i>13:30 – 13.55</i>
		<i>14:00 – 14.25</i>
		<i>14:30 – 14.55</i>
		<i>15:00 – 15.25</i>
		<i>15:30 – 15.55</i>
		<i>16:00 – 16.25</i>

(Extra Therapists are available if required).

Reflexology: Reflexology is a therapeutic foot massage that aids relaxation and rebalances the body. It revolves around the understanding that there are reflex points on the feet that relate to the structure and function to all parts of the body. Applying pressure to these reflexes using gentle pressure may influence the state of the body in many ways. Reflexology has been found to reduce stress and tension, relieve pain, improve bodily functions and generally restore the body to a better state so improving physical well being.

Aromatherapy Back Massage: Massage is truly a relaxing treatment which eases tension in the muscles. Aromatherapy aims to treat the whole person by helping to restore the harmony of mind, body and spirit. It works with the pure properties of plants, using their essential oils in a natural, complementary therapy which can help improve both physical and emotional well being.

Hand & arm massage: A hand and arm massage is very soothing. Our hands work very hard during the day and it's nice to give them a bit of pampering. It is a very comforting massage and it is surprising how quickly the body relaxes during this treatment.

Indian Head Massage: This massage works on the head, neck & shoulders promoting relaxation and a feeling of well-being. It is a mentally uplifting treatment which can help relieve tiredness, edginess and depression. Please note: For this 25 minute taster session oils will be used on the neck and shoulders but not in your hair or on your face. It is advisable to bring your own hair brush & comb along.

Reiki and Crystals: Reiki is a Japanese word meaning universal life energy. This energy flows in and around all living things. There are many variations of Reiki but in essence it is a healing process that works at bringing us into balance and reinforces the body's natural ability to heal itself. I also use crystals during this treatment, placing them on or around the body. Crystals compliment any therapy and support the even flow of energy in and around the body.

File n' polish: if you don't fancy a massage, why not treat your nails to a file and polish. Please note: Only a clear fast drying varnish will be used. (OPI Nail envy - nail strengthener)

(Please note Holistic treatments encourage the body to detoxify. In order to get the full benefit of these treatments it is very important to drink plenty of water and avoid tea, coffee and smoking for as long as possible before and after each session).