



HOLISTIC TREATMENT MENU

Treat yourself to a treatment from our comprehensive therapeutic menu and feel the stress and tension melt away. Treatments are offered in the comfort of your own holiday cottage by qualified therapists.

BODY

Massage can help to relieve the symptoms of stiff, tired joints, speeds up digestion and encourages circulation, promotes relaxation and improved sleep. It can also be deeply relaxing and beneficial in reducing the symptoms of stress.

Relaxing/Therapeutic Massage

A massage that brings about complete relaxation and can melt away all your tensions, cares and worries.

1 hour £35

1 hour 30 minutes (full body) £48

Aroma Massage

As for the 'relaxing massage' using pre-blended 100 % essential oils, with a choice of blends.

1 hour £36

1 hour 30 minutes (full body) £49

*** Please note that we are now able to offer Pregnancy Massage (after first 12 weeks) also Massage for Cancer Patients (Written permission from your GP, Midwife or Healthcare Professional will be required).**

Hot Stone Massage Therapy

The hot stones can be used simply for relaxation and stress relief or hot and cold stones used together can be extremely beneficial for injury recovery, chronic conditions and deep seated tension.

1 hour £40

1 hour 30 minutes £55

Hawaiian Lomi Lomi *"This is the awakening touch that one has been longing for."* Daily Mail

Cleansed by wave upon wave of touch, this deep therapeutic massage for the mind, body and soul uses gentle rhythmic wave like strokes to caress and nurture the body. Unique to this treatment is the use of both hands and forearms giving Lomi Lomi the ability to penetrate to the core of ones being. Lomi Lomi is traditionally given with the recipient covered only by a sarong.

1 hour 30 mins £50

Reiki (pronounced ray-kee)

Rei = Universal & **Ki** (chi/prana/mana) or Life Force Energy

Ki is the energy that permeates all matter living or inert, it is channelled through the hands of a practitioner for the purpose of healing. It is an ancient, deeply relaxing and entirely natural form of hands on healing. Reiki helps the recipient by releasing blocked energies, cleansing the body of toxins and working to bring a sense of wellbeing and balance to both body and mind.

1 hour £35

FEET

Reflexology

A gentle non-invasive therapy based on the principle that there are reflexes in the feet and hands, which correspond to every part of the body.

Reflexology combines massage and mobilisation techniques together with the application of pressure to these reflex points helping to induce a deep state of relaxation, improving the recipients flow of internal energy, creating homeostasis (balance) within the body. Consultation included.

1 hour (includes consultation) £35

***Stone Therapy Reflexology £40**

FACE

Indian Head Massage

Indian Head Massage is a non-invasive Ayurvedic head; neck and shoulder massage given whilst recipient is seated on a chair.

This deeply relaxing treatment helps increase mobility and flexibility in the neck and shoulders, improves circulation and lymphatic flow, frees muscular tension and aids the body in the elimination of accumulated toxins and waste products. It is particularly good for reducing the effects of stress and tension helping to create a feeling of inner peace and calm.

*Please wear vest top for this treatment.

30 minutes £25

Indian Face Massage

An Ayurvedic rejuvenating face massage, which promotes the free flow of blood and nutrients to facial skin. A combination of massage techniques which target the connective tissue which lies beneath the skin, helping to release tension and smooth out fine lines, leaving the face feeling fresh, invigorated and supple. . **A Natural Non Surgical Face Lift!**

Includes neck and shoulder massage.

1 hour £35

Luxury Cornish Organic Facial

All facials are given using Trevarno 100 % organic skincare range, handmade in Cornwall and certified organic by the Organic Farmers and Growers Association. Trevarno only use the purist ingredients to create this range of cleansing, nourishing and revitalising skincare products.

A natural blend of herbs, flowers and essential oils help to decongest the sinuses, smooth, soothe, nourish and moisturise the skin. This pampering facial is a real treat!

Facial includes cleanser, toner and moisturizer, lymph drainage, and a neck and shoulder massage. Suitable for all skin types, including the most sensitive.

1 hour £38

Holistic Pamper Parties and Gift Vouchers available by arrangement.

To book appointments or make enquiries contact:

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Please note that any cancellations must be made at least 24 hours before the appointment otherwise the full price will have to be charged.