

Holistic Therapies

INDIAN HEAD MASSAGE

Indian Head Massage is known as a great 'stress buster' and its calming benefits can be enjoyed at any time. The treatment is carried out in a sitting position; the massage starts on the back and continues to the neck, shoulders and arms. Moving finally to the scalp and face. A light coconut oil is used to soothe the muscles, restore balance and harmony to the mind & body.

HOLISTIC UNWIND

Enjoy an Indian Head massage with coconut oil and relax on a couch while you have your reflexology, for the ultimate combination to relieve tension and reduce stress.

REFLEXOLOGY

This is the application of pressure, stretch and massage to the feet that effect corresponding parts of the body. The treatment can be used to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance. It is suitable for all ages and may bring relief from a wide range of acute and chronic conditions. Many people use reflexology as a way of relaxing the mind and body and counteracting stress.

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DUOPODY

Duopody is a highly effective reflexology technique in which two (duo) feet (pody) are treated at the same time. Tailored to your specific needs, Duopody allows for the whole body to be treated holistically, working all body systems in their entirety, simultaneously and methodically. To promote a sense of deep relaxation through skilled therapeutic touch, the nervous system is calmed and your body's own natural healing process stimulated. Encouraging all body systems to function optimally, eliminating body toxins, increasing immunity, boosting circulation, releasing tension, facilitating sleep, alleviating stress, enhancing mood and improving overall wellbeing.

Your first appointment will include an in-depth confidential health consultation, along with a visual and tactile analysis of your feet, interpreting physical and emotional understanding to form your personalised treatment plan.

A course of reflexology/duopody is recommended to help with any specific conditions.

