

## BODY

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### FULL BODY MASSAGE

#### HOLISTIC MASSAGE THERAPY

**120** 60 minutes

**160** 90 minutes

This full body massage therapy combines techniques of Deep tissue & Swedish Holistic massage with natural massage oil blends for a deeply relaxing experience.

#### SPORTS MASSAGE

**140** 60 minutes

Specialist massage for muscular tension and sports related pain or injury.

### INDIAN HEAD MASSAGE RITUAL

#### AYURVEDIC INDIAN HEAD MASSAGE & RITUAL

**140** 60 minutes

Indian head and face massage with Ayurvedic oils and jade hot stones. This ancient therapy rejuvenates the scalp, reduces stress and quiets the mind for deep relaxation.

### FACIAL MASSAGE

#### FACIAL MASSAGE & REIKI

**175** 60 minutes

A gentle lift for your skin, exercising your facial muscles so you can see an immediate difference after your first session. Expect a massage of your face, head, neck and shoulders, with an energy-boosting Reiki healing at the end.

## **BODY**

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### REFLEXOLOGY

#### **HAND & FOOT REFLEXOLOGY**

**160** 60 minutes

A deeply relaxing complementary therapy for the feet &/ or hands with a host of benefits for both body and mind.

Reflexology can help to reduce pain, improve circulation, reduce muscular tension, relieve headaches, boost the immune system, improve sleep quality, reduce depression and anxiety and improve fertility.

### SHIATSU & CRANIOSACRAL THERAPY

#### **SHIATSU & CRANIOSACRAL THERAPY**

**160** 60 minutes

Bespoke fusion of shiatsu and craniosacral techniques to help ease tension from sitting, improve posture and vitality. These techniques also help the mind relax which improves creativity and output.

## YOGA & PILATES

### VINYASA FLOW YOGA 1:1

**140** 60 minutes

**200** 90 minutes

Vinyasa is a dynamic practice where we move from one yoga posture to another in a seamless flow using breath. Suitable for all levels of experience.

### YIN YOGA 1:1

**140** 60 minutes

**200** 90 minutes

Yin yoga is specifically designed to slow down, relax and open the body and mind. Postures are mostly on the floor and held for two to seven minutes. Suitable for all levels of experience.

### PILATES 1:1

**150** 60 minutes

**210** 90 minutes

Pilates exercises using light weights, pilates bands, balls and blocks. Work the whole body including legs, arms, back and core.

## MIND

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### ACCESS BARS

#### ACCESS BARS

**160** 60 minutes

**200** 90 minutes

Access Bars are 32 points on your head that, when gently touched can release anything that stops you from feeling joy and ease. These points contain all the thoughts, ideas, beliefs, emotions, and considerations you have stored through your life.

### HYPNOTHERAPY

#### HYPNOTHERAPY

**260** 75 minutes

A combination of explaining your challenges and using hypnosis to address them. Hypnosis is a safe, relaxed state of focused attention and increased suggestibility, during which positive suggestions, based specifically on your individual needs, and guided imagery are used to help with a variety of mental, physical and emotional concerns.

### EFT

#### EMOTIONAL FREEDOM TECHNIQUE

**160** 60 minutes

EFT (Emotional Freedom Technique) is a tapping technique which helps to alleviate stress, anxiety, panic attacks and can help to heal the effects of trauma. It is also useful in overcoming addictions, weight loss and phobias. Deep and powerful practice for adults, teens and children.

## SPIRIT

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### REIKI

#### REIKI HEALING

**160** 60 minutes

Reiki is an ancient Japanese energy healing method which works with all the chakras and energy points in the body to restore balance and flow.

Reiki is a beautiful way to travel deep into the seat of your subconscious, releasing any blockages in the body, suppressed emotions, anxiety and stress.

### DREAMWORKS

#### DREAMWORKS THERAPY

**140** 75 minutes

Dreamworks is a journaling, meditation & visualisation session which taps into the subconscious to help you find clarity in any area of your life.

### READINGS

#### TAROT CARD READING

**120** 60 minutes - online

**160** 60 minutes - in person

Tarot is a powerful tool for self enquiry, opening up to intuitive guidance and providing insight and clarity for greater harmony and transformation as you journey forward in life.

#### PSYCHIC READINGS

**120** 60 minutes - online

**160** 60 minutes - in person

Working with your auric energy field to assist you in finding clarity, understanding, inspiration and comfort on your path ahead. Every session is unique and catered to your own specific needs.



## **BOOKING INFO**

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Email: **wellbeing@otherhouse.com**

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