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*Take care of yourself! Alex x*

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### Treatment Price List

#### Massage

All massages:	25 mins £25.00
	55 mins £45.00
	85 mins £65.00

During a session with our masseuse, you will discuss which areas you are feeling tension or discomfort in. Each treatment is tailored to suit your own personal specific needs.

**Aromatherapy Massage** Oils are blended according to your individual needs and have therapeutic benefits along with the sensory experience.

**Swedish Massage** This is a more rigorous massage. Designed to disperse physical tension from the body, it loosens tight muscles and reduces stiffness.

**Pregnancy Massage** Designed especially for supporting you before and after birth. Uses techniques tailored to your individual needs and to the symptoms associated with pregnancy.

**Leg and Foot Massage** Take the weight off your feet and let us bring you back into harmony.

**Hot Stone Massage** Involves gentle massaging with softly rounded, water-heated basalt stones which provide a deep and comforting massage, with little pressure. The direct heat aids the relaxation of muscles allowing easier manipulation and a greater intensity than a regular massage.

**Sports Massage** This massage focuses on muscle systems used by individuals with postural habits and injuries or sporting complaints particularly. A combination of massage techniques, together with exercises, help to reduce soreness and enhance power, endurance and flexibility.

**Indian Head Massage** Relieving tension and stress held in the upper back, shoulders, neck and scalp. Ideal for the relief of eye strain, migraines, tension headaches and stress. With regular treatment, the health of the hair can also be improved.

**Baby Massage** One to one sessions which help to strengthen the emotional bond, whilst positively affecting baby's health.

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#### Holistic Body Treatments

Body balancing holistic treatments to restore and maintain health and wellbeing. Get the most out of life...

<b>Reflexology</b>	55 mins £45.00
	25 mins £25.00

During a treatment the reflex zones of the feet are manipulated in order to restore the balance and health to the body. Each part of the foot corresponds to a part of the body. Massaging the foot therefore can stimulate the body's own healing system.

<b>Reiki</b>	55 mins £45.00
	25 mins £25.00

A deeply relaxing treatment that can support healing on all levels. Reiki is an ancient healing system that channels energy to promote total wellbeing.

**Reiki/Reflexology Combination**

55 mins £45.00

25 mins £25.00

This combination treatment offers deep relaxation along with stimulation of specific reflexes on the feet which triggers energy to flow to related muscles and organs – a lovely combination!

**Bowen Technique**

55 mins £45.00

Gentle rolling movements on very specific points allow the body to restore it's own balance and heal itself. Wonderful for any injuries/pain, can also help balance hormones and restore emotional balance.

**Thermo-Auricular Therapy (Hopi-Ear Candling)**

55 mins £45.00

May be helpful for people suffering with sinus problems and colds as well as a build up of ear wax as it treats the whole ear eye nose canal. Following the ear candling in both ears, this treatment includes a relaxing shoulder, neck, face and scalp massage.

**Maternity Treatments**

Treatments tailored this very special time in your life. All are suitable pre-conception, during pregnancy and in the post-natal period.

**Pregnancy Massage**

55 mins £45.00

25 mins £25.00

Designed especially to support you before and after birth. Uses techniques tailored to your individual needs and to the symptoms associated with pregnancy.

**Maternity Reflexology**

55 mins £45.00

25 mins £25.00

A specialised area of reflexology that uses enhanced techniques for women during pre-conception, pregnancy, labour and the post natal period. Working on the physiological, emotional and hormonal balance of your body, this deeply relaxing treatment is specific to your needs at this very special time.

**Bowen Technique**

55 mins £45.00

This balancing therapy can be helpful during and after pregnancy to help alleviate any pain or discomfort. Use also post birth for mum to get the body back to normal, and for baby as a post birth balancing treatment.

**Sports Treatments**

Holistic treatments to assist the body with sports training and/or recovery.

**Sports Massage**

55 mins £45.00

25 mins £25.00

This massage focuses on muscle systems used by individuals with postural habits and injuries or sporting complaints particularly. A combination of massage techniques, together with exercises, help to reduce soreness and enhance power, endurance and flexibility.

**Bowen Technique**

55 mins £45.00

Helps the body to heal itself so suitable for injuries. A session can also be useful as a preventative technique, particularly prior to intensive periods of exercise such as marathon training or skiing holidays.

**Sports Nutrition**

1 hour £75.00

A nutritional consultation which will provide advice on food and supplements to help maximise performance in your chosen sport.

**Nutritional Centre Of Excellence**

Our team of top BANT nutritional therapists work with a scientific and holistic approach to your health. During a consultation they will discuss any health issues that you would like to improve and explore how diet may be contributing to the symptoms that you are experiencing. Where appropriate nutritional supplements may be used to support the healing process.

## Nutritional Consultations

£75.00 per hour pro rata

Each nutritional therapist specialises in certain areas such as Female Health, Depression & Anxiety, IBS, Fertility, Children's Health, Menopause & Sports Nutrition.

## Food Intolerance Testing

DIY £55.00

Discover whether a food intolerance could be adversely affecting your health. Food Detective™ is the world's first self test for food intolerance that you can use in the comfort of your own home, with results related to 59 commonly eaten foods available in just 40 minutes. The test uses a fingerprick blood sample and has been developed and manufactured by Cambridge Nutritional Sciences Ltd, who have been providing clinical analysis to clinics, hospitals and health professionals since 1994.

## Nutritional Consultation with Food Intolerance Test

90 mins £95.00

A consultation with one of our Nutritional Therapists, including a food intolerance test (blood test).

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## Homeopathy

### First Consultation:

90 mins £70 adult, £50 child

### Follow Up:

60 mins £50 adult, £35 child

During an initial consultation, time is taken to get to know you and the background behind the symptoms you are experiencing - finding the root cause. You are treated as a unique individual. What brings people into the clinic may be physical, emotional or mental health problems. Adults, children and babies all attend the clinic. First remedy is included.

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## Alexandra Worsley Holistic Facials

### Express Facial:

30 mins £30

Suitable for all skin types, the express facial is for those in a hurry, or who simply want a quick boost for a night out.

### Gentle Detox Facial:

1 hour £47

Ideal for when you're feeling sluggish and your skin needs a boost.

### Refining Facial:

1 hour £55

This deepcleansing treatment will give your skin a beautiful refined complexion.

### Radiance Facial:

1 hour £45

Does what it says on the label! Leaves your skin with a healthy glowing radiance.

### Hydrating Facial:

1 hour £45.00

Puts the moisture back in your skin. Ideal for dry and dehydrated skin.

### Soothing Facial:

45 mins £45.00

For those with very sensitive skins, this facial uses only gentle products and no harsh movements.

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## Dr.Hauschka Facial and Body Treatments

Dr.Hauschka Skincare is one of the purest skincare regimes and a huge favourite of ours. A Dr.Hauschka Facial is gentle yet stimulating, balancing and restores your natural beauty. See your skin come alive.

### Dr.Hauschka Signature Facial:

2 hours £75

For all skin types, the ultimate holistic facial treatment bring radiance and beauty back into the skin.

### Dr.Hauschka Signature Facial:

1 hour £55

A great boost to your skin to have between your regular Dr.Hauschka Signature Facial treatments.

### Dr.Hauschka Clarifying Facial:

2 hours £80

For impure/acne skin conditions. Helps regulate, balance and heal the skin.

### Dr.Hauschka Facial Firming Treatment:

2 hours £80

For mature skin. Softens and slows signs of ageing whilst restoring firmness and elasticity.

### Dr.Hauschka Back Cleansing Treatment:

45 mins £45

A deep cleansing treatment for a clear back, a great pre-summer treat.

### Dr.Hauschka Hand Treatment:

1 hour £45

Treat your hands, they are expressive of ourselves and deserve attention.

**Dr.Hauschka Foot Treatment:** 1 hour £45

A revitalising treatment, perfect during pregnancy and for tired feet and swollen ankles.

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## Mind Therapies

The power of the mind can positively or negatively affect our health. These therapies can help and teach us how to regain control of our minds and hence ourselves.

**SleepTalk™ For Children: First Session:** 90 mins £50

**Follow Up:** 60 mins £45

Or partner up with a friend and share the cost! The five minute gift parents give their children that lasts a lifetime.

**Hypnotherapy:** 90 mins £65

Through a form of meditation you are accessing your subconscious mind, which controls all our habits, behaviours, emotions and feelings. You can get to the root of the problem and if you choose to you can change the way you feel - "change your mind".

**Spiritual Life Coaching:** 1 hour £50

Lifecoaching with a spiritual approach to help you connect to your confidence, life purpose and inner strength.

**Neuro Linguistic Programming (NLP):** 1 hour £45

This is a technique that offers understanding of how we think, looking at how the power of thought can help us to change the way we deal with our fears and stressors. During a consultation you will find ways to define and realise your goals.

**Emotional Freedom Technique (EFT):** 1 hour £45

Learn a simple and effective technique that inhibits negative thought and gives you the confidence to achieve your goals. Using accupressure points, this is a 'no needles' way of channelling your energy to combat emotional and physical ailments.

**Iyengar Yoga** One to one session: 1 hour £42

Couples session: 1 hour £25 each

Yoga is a system of balancing the body, mind and spirit. It can both energise and relax the body, promoting all-round health and wellbeing. You will develop strength, stamina, flexibility, balance and concentration. Controlled breathing helps the mind relax and can help you achieve a deeper meditative state.

## Astrology

Appointments in our Bramhall Clinic or via Skype.

**Astrology Reading:** 1 hour £50

Learn more about your birth chart and how it can help you with life's path.

**Astrology Mini Reading:** 10 mins £10

Perfect for those who are new to the world of astrology. A brief glimpse of what your birthchart says about you.

## Meditation

Regular practice of this technique may help you deal with the stresses of modern life and have beneficial effects on health.

**Meditation Group Session:** 1 hour £10

6 sessions £50

**Meditation One to One:** 1 hour £50

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## Events and Workshops

**Workshops:** Our workshops are themed around the teaching of traditional and new techniques to improve health and wellbeing. Click here for our up-to date workshop programme.

**Wellbeing Wednesdays:** Wellbeing Wednesdays are monthly sessions to join with like-minded people and learn

about what's new in the world of natural health and wellbeing.

**Struggling to choose your treatment? Try our Taster Sessions**

£10 for a 20 min taster with any of our therapists, meet them and understand how their treatment can help you. This £10 is then redeemable against a full treatment. Have a go!

Please understand that our therapists are not doctors and do not engage in medical diagnosis. Always consult your GP if you have a particular illness.

**Cancellation Policy:** Please remember to give us 24 hours notice for a cancellation. Unfortunately we have had to apply a 50% charge to appointments cancelled with less than 24 hours notice.