



*Holistic Massage is the most natural,
non-invasive way to a healthy body and mind.*

Janet Aldridge

BA (Hons.) I.T.E.C.

Holistic Massage Practitioner

Qualified in:

HOLISTIC MASSAGE
EASTERN FACIAL MASSAGE
ADVANCED MASSAGE TECHNIQUES
ANATOMY & PHYSIOLOGY
SEATED MASSAGE
REIKI HEALING



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REIKI

Reiki treatment balances the bodys natural energy centres to relieve stress and to enable the body to help heal its self. Reiki energy can be channelled to facilitate and promote the bodys natural regenerative process and so allowing the organs to function at their best. Reiki treatment may be combined with Holistic Massage Therapy to enhance the effect or may be enjoyed on its own as an aid to relaxation and de-stressing and overall wellbeing.

The name Reiki means; free flowing universal life energy.

Benefits of Reiki Treatments

This is a list of some of the many benefits that can be attained through regular Reiki or Reiki and Holistic Massage Treatments.

- Establishing and maintaining harmony and balance of the mind, body and Spirit connection
- Relieve symptoms of insomnia
- Strengthening the immune system
- Can eliminate headaches, including migraine headaches
- Increased relaxation and release tension
- Focused concentration
- Improved organ function

PRICES AND SPECIAL OFFERS

FULL BODY (SOFT & GENTLE) HOLISTIC MASSAGE

A perfect way to de-stress, unwind and ease aches and pains. Traditional massage techniques that will release tense muscles, wake up the tired ones and balance up the body systems. A top to toe massage that will leave you feeling relaxed yet rejuvenated.

SPECIAL OFFER:

Full Body (Soft & Gentle) Holistic Massage
Course of 5 treatments (pre-paid)
Get 6th treatment FREE £142.50

FULL BODY (FIRM PRESSURE) HOLISTIC MASSAGE

up to 60 minutes £35.00

As above yet deeper to induce a greater sense of relaxation and muscular release.

SPECIAL OFFER:

Full Body (Firm Pressure) Holistic Massage
Course of 5 treatments (pre-paid)
Get 6th treatment FREE £175.00

FULL BODY (VERY FIRM PRESSURE) HOLISTIC MASSAGE

up to 60 minutes £45.00

Using Advanced Massage Techniques; this massage provides a good overall work out to those clients who prefer the most strenuous and invigorating massage that we offer.

SPECIAL OFFER:

Full Body (Very Firm Pressure) Holistic Massage
Course of 5 treatments (pre-paid)
Get 6th treatment FREE £225.00

BACK NECK & SHOULDER MASSAGE

30/35 minutes £19.50*

An ideal massage if you are bent over a computer all day, suffering from lack of exercise, over-exertion in the gym or simply want to chill out for half an hour. This is a very common area affected by tension and stress. You will discover how much more relaxed the muscles become after massage and how much better you feel.

EASTERN FACIAL MASSAGE

(also known as non-surgical face lift)

up to 50minutes
Course of 4 treatments (pre-paid) £120.00

At least four treatments are recommended to achieve the full effect.

A soothing and most pleasurable treatment that begins with soothing massage to the shoulders, neck, and scalp that will make it tingle to the roots of your hair! The techniques used in this facial massage "lift" the skin and assist in the release of harmful toxins that block muscles and age the skin. A course of this treatment can assist in ironing out wrinkles and rejuvenating the skin and can lead to a healthier and more youthful look.

EASTERN FACIAL MASSAGE (sampler)

A single session together with back massage.
up to 1hr30mins £39.00
(When booked separately would be £47.50)

EASTERN FACIAL MASSAGE (maintenance session)

A top up that follows the 4-treatment course.
up to 40 minutes £24.50

EASTERN FACIAL MASSAGE (single session)

For those clients who wish to book a session on an 'as and when' basis.
up to 50 minutes £35.00

FOOT AND LEG MASSAGE

30/35 minutes £19.50*

A revitalising foot and leg massage which includes exfoliation of the feet to remove hard skin, trimming and shaping of the nails and finished with a soothing lotion that will leave your feet and legs feeling refreshed and renewed. (This massage is not available to Diabetics).

REIKI THERAPY Just £25 for one hour

REIKI + EASTERN HEAD MASSAGE COMBO £35 for 75 minutes

For new clients, a ten minute general health consultation will be included. All information given is confidential to comply with the ethical and professional behaviour demanded of an ITEC Holistic Massage Therapist.

HOLISTIC MASSAGE

Holistic Massage is the most soothing way to reduce stress, ease aches and pains and induce a feeling of relaxation and invigoration. The massaging of the soft tissues of the body, particularly the muscles where the effects of tension and stress are usually felt, can have an immediate physical and psychological effect, promoting the feel-good factor.

Q. WHO BENEFITS FROM A MASSAGE? A. EVERYBODY!

Holistic Massage is the most natural, non-invasive way to a healthy body and mind. The benefits of regular massages are felt very quickly. Massage can keep you supple and help regulate and balance the body systems. So if your body feels good you will feel good.

To book your massage **CALL 01245 425227 TODAY!**



WHERE TO FIND US

Parking

My studio and practice room is in my home.

Once in Berry Vale ours is the first right turn into a cul-de-sac.

At number 28 you will find parking in front or opposite the house.

Also we have a private car park, turn left beneath the arch and park anywhere on the right hand side of the car park area.

This is a private car park and always has ample parking for my clients.

A warm welcome awaits you.



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