

# “HOLISTIC FACIALS”



All products used are Soil Association Organic certified aromatherapy skin and body care products which are also paraben and SLS free (No nasties!)

This is so much more than just a facial.

This is 45 minutes of holistic pampering which works not just on a facial level but on your spiritual and emotional levels too. Lay back and relax whilst the organic aromatherapy essential oils delight your senses, your muscles are eased with massage and your mind is soothed by the gentle music and relaxing ambience.

Prolong the benefits of your facial by using the cleanser, hydrolat, facial oil or moisturiser at home. Select from a range of products sold on site.



# “PRICE LIST”

<u>Holistic Facial</u>	
Approximately 45 minutes .....	£30.00
<u>Reiki</u>	
Initial consultation and treatment .....	£30.00
Approximately 75 minutes	
Subsequent treatments .....	£25.00
Approximately 60 minutes	
<u>Indian Head Massage or Crystal Healing.....</u>	£20.00
Approximately 45 minutes	

**Gift vouchers are available, starting from as little as £5.00**

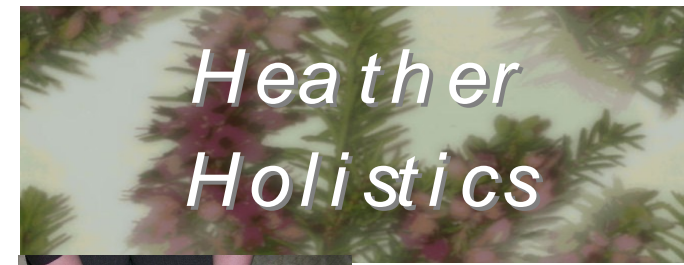


(Mileage will be charged at 25 pence per mile over a 15 mile radius of Anstey. Distances will be calculated by Microsoft Autoroute).

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 Complementary Therapist  
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Note: 24 hours notice required for cancellation



**Heather Winterton**  
 Complementary  
 Therapy Practitioner

**Is something** holding you back?

## “INDIAN HEAD MASSAGE”

Indian Head Massage is part of the Ayurvedic system of healing which has been practiced in India for over a thousand years. It is a **relaxing and calming massage** focusing on the scalp, face, shoulders and upper back.

There are a range of benefits which range from:-

- ◆ Deeply relaxing and calming
- ◆ Helps alleviate headaches, migraines and insomnia
- ◆ Reduce stress and neck/shoulder tension
- ◆ Improves blood circulation in the upper body, therefore aiding the removal of toxins
- ◆ Improves skin and hair condition and can encourage hair growth
- ◆ Can improve concentration
- ◆ Helps treat sinus problems



For an Indian Head Massage treatment, you can remain fully clothed however it can be more effective if you remove your top (robes provided) so I can use massage oil.

Treatment can also be carried out over clothes at an office chair, making it an ideal treatment for busy offices or corporate events



## “REIKI & CRYSTALS”

The Japanese word Reiki means ‘Universal Energy’. Reiki and Crystal Healings natural healing energy works on every level, not just the physical, and **promotes the body’s regenerative self healing ability**.

Acupuncture, T’ai chi and Yoga are also based on the free-flow of this energy in a person. Reiki and Crystal Healing are non-invasive therapies that **can be used without fear of side-effects**. They may be used with confidence alongside conventional medication or natural remedies because they act in a complementary way.

Reiki and Crystal Healing may be felt as a flow of energy, mild tingling, warmth, coolness, other sensations, or nothing at all.

**Both Reiki and Crystal Healing are deeply relaxing, ease stress, and have a calming effect. The beneficial effects may be felt for several days.**

A Reiki or Crystal Healing session is usually carried out with you lying down or sitting, in a comfortable and peaceful environment. There is **no need to remove any clothing** although you may be asked to remove your shoes. I will then place my hands and/or crystals gently, in a series of positions, on or over your body.



## “QUALIFICATION”

Hello. My name is Heather and I am a fully qualified and insured Complementary Therapist.

In 2003 I was diagnosed with cancer and my whole life was turned upside down. To help combat the side-effects of some of my treatments I discovered alternative therapies. I was **amazed** how much complementary therapies helped with **not just the physical but the emotional and mental recovery**. Several years later I now volunteer at the same cancer charity providing complementary therapies.

I am a member of the UK Reiki Federation and the Guild of Holistic Therapists.

## “ANIMAL HEALING”

Reiki is a gentle but highly effective, non-invasive treatment suitable for all ages, types and breed of animal.

I may also use relevant crystals to optimise the healing process. Animals respond to the vibrational energy of Reiki and Crystals and **the two treatments combined provide a powerful yet gentle treatment**.

The animal does not have to be confined or restrained to be treated so Reiki is **ideal for those animals who are timid or too afraid for hands-on contact** as they can be treated as effectively from a distance.

When treating animals, it is usually best to conduct the healing session in surroundings that they know and feel comfortable, so **I am available to come to you or I can use “distance healing”**.

**All animals are treated under veterinary supervision**

# Is something holding you back?