

Holistic treatments work with the whole person, helping to create balance and harmony in mind, body and spirit. Regular treatments can help to maintain health and relieve stress.

EFT – Emotional Freedom Technique

Emotional freedom technique (EFT) is a psychological form of acupuncture. It is used to neutralize negative emotions around a thought. This is done by tapping certain acupuncture points with fingers while tuning into a specific thought. This simple process removes negative emotions around a thought and has shown to help with behaviour change, phobias, physical pain and emotional issues.

Aromatherapy is a modern name for the ancient knowledge of healing and improving health using fragrant, natural ingredients. Essential oils have therapeutic, beneficial properties and are carefully blended to meet the requirements of the individual.

Massage is the most effective method of treating with essential oils and gentle, relaxing techniques are used. Aromatherapy introduces essential oils (plant extract) into the body by means of massage. The oils are chosen because of their therapeutic properties and can be used to help in the treatment of many conditions. The massage itself is deeply relaxing, and is beneficial in helping the muscles to rid themselves of waste products. Aromatherapy massage helps to ease muscle tension and also promotes healing sleep.

Reflexology - is an ancient method of treating the whole body through the feet. It is believed there are tiny areas (reflex points) on the feet which correspond with all the organs and functions of the body. These points are laid out on the feet in a mirror image of the organs in the body, so working on the feet is almost like using a map of the body. It is deeply relaxing, but internally energizing; it can lift the spirits, aid sleep and help pain. It does not diagnose or 'cure', but helps the body to heal itself.

Reflexology applies simple pressure by the fingers and thumbs to the minute reflex points around the feet and hands. The purpose is to normalise the functions of the body and bring it to a state of balance. It is very relaxing and helps to relieve stress, improves nerve functioning, improves blood circulation and speeds up the removal of wastes from the body. It can also help the release of endorphins that help the body's own healing process.

A few common conditions helped by Reflexology are:-

Stress, Constipation, Anxiety, Digestive Problems, Fatigue, Hormonal Imbalance, Insomnia, Headaches, Fluid Retention.

Therapeutic Massage - has many beneficial effects on the body and mind:-

- Improves blood and lymph circulation
- Speeds up the removal of toxins
- Improves skin tone
- Helps muscle and joint mobility
- Relaxes the muscles
- Calms the nervous system

Reiki - Usui Reiki is an ancient healing method, which was rediscovered in Japan over 100 years. It is a simple 'hands on' technique. Reiki works on the mind, body and spirit and promotes deep relaxation and well-being.

Reiki literally translates as 'spiritual wisdom of the life force'. It is a technique for stress reduction, relaxation and healing, accessed by tapping into the unlimited supply of 'life force energy'.

Receiving a Reiki treatment is a great experience. It feels like there's a glowing radiance flowing through and around you. Reiki treats the 'whole person' including your emotions, mind and spirit too. It leaves you relaxed, secure, at peace with the world and gives you a sense of well-being. Reiki is a simple, natural and safe method of healing and self-improvement that everyone can use.

For a Reiki healing the Client remains fully clothed and the practitioner places his or her hands on specific points on the body. It is your body that determines the amount of Reiki received. Healing progresses at your own pace, so you do not get more that you can deal with at one time.

Facial Reflexology

A relaxing and gentle treatment for the face that is suitable for most people. The general benefits are as follows:-

- Improved circulation to facial muscles
- Skin Tone improved
- Encourages cell renewal
- Stimulation to subcutaneous nerves
- Revives tired eyes
- Aids relief of headaches
- Aids congested sinuses
- Aids to relieve catarrh
- Eyes brighter and more alert
- May induce emotional response if depressed or sad

Contact lens wearers are advised to remove lens before treatment.

Contra-indications – acute inflammation, acne, sunburn, infectious diseases.

Champissage' Indian Head Massage

Traditionally practised in India for thousands of years. This treatment involves massage of the upper back, neck, shoulders, arms, scalp and face. It may help to:-

Alleviate stress, anxiety and mild depression.

Improve concentration.

Aid restful sleep.

Deepen and calm the breathing.

Help to relieve eyestrain, sinusitis and congestion.

Revitalise the whole person.

Contact lens wearers are advised to remove lens before treatment.

Hot Stones Massage

This is traditionally a full body treatment, but hot stones can also be combined with other treatments. The heat penetrates deeply and the stones increase pressure of the movements. Recommended for general aches and pains, muscular tension and stiffness, sluggish metabolism, stress, tension and depression.

The usual contra-indications to massage apply, but in addition: - nervous system dysfunction, osteoporosis, diabetes, obesity, chronic fatigue syndrome, medication which causes heat sensitivity or loss of heat sensitivity.

Do not eat a heavy meal before the treatment, but do not start the treatment feeling hungry.

Swedish Massage

This style of massage is generally attributed to the Swedish Doctor Per Henrick Ljung in the 1700`s.

The term `Swedish Massage` refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones. The main purpose is to increase oxygen flow in the blood. It reduces stress, both emotional and physical, relieves pain, improves or helps restore function and induces a feeling of general well being.

Eastern Face Massage

Face massage as a treatment has its roots in India some 4,000 years ago. It was practised within the healing art of Ayurveda. Today it is complemented by adding in reflexology and acupressure points around the face. If you are feeling upset, stressed, angry or depressed the tension will show in the face and head. Symptoms of this are headaches, eyestrain, poor skin condition and wrinkles.

Face massage helps lymphatic drainage, eliminates muscle tension and stimulates circulation. This helps to dispel waste material from the body and distribute oxygen to all the tissues. Physically it brings about relaxation of the whole body. The mental benefits are a sense of calm and clearer thinking. It can also help to dissipate mental fatigue and edginess. The bonus is that it softens and helps smooth lines and wrinkles.

Dao Yin Tao ® (similar to Eastern Face Massage)

This is a relatively new therapy based on ancient Chinese principles. It is a shoulder, neck, face and scalp massage which also incorporates the use of acupressure points ie points on the face which relate to the meridians. DYT® is particularly used in cases of headaches,

sinus problems, neck and shoulder tension, but does have an impact on the whole of the body.

Thai Foot Massage

Thai Foot Massage is a traditional massage with elements of Shiatsu, Reflexology, Chinese massage and Yoga. The hips and legs are given a workout and the feet are massaged. The treatment soothes and comforts to leave a feeling of peace and tranquillity.

The usual contraindications apply but also severe bruising, DVT, fungal infections and osteoporosis.

Please note: these are a selection of therapies offered by various therapists across both our centres. Not every therapist will offer all the treatments listed – but will be able to chat through what is most suitable to individual needs.