

## AMBER ZONE PRICES

<b>Aromatherapy ~ Massage Therapy</b>	With or without essential oils, this is a wonderfully therapeutic way to relieve many symptoms including stress, insomnia, muscle stiffness or poor mobility.	Full body (one hour) £40 Back neck & shoulders (30 minutes) £30 Feet and lower legs (30 minutes) £30 Relaxing hand massage (30 minutes) £30 Neck, shoulders and scalp (30 minutes) £30
<b>Luxury Top-to-Toe Reviving Massage</b>	Full Body massage or Back, Neck & Shoulder massage plus reviving foot massage, and scalp massage incorporating acupressure on face.	Full body (90 minutes) £60 Back, neck & shoulders (60 minutes) £45
<b>Hot Stone Therapy</b>	The use of comfortably hot stones in a massage, giving penetrative warmth and enhancing the effect of the treatment. Not to be missed!	Full body £50 Back neck & shoulders £40
<b>Hot/Cold Stone Remedial Massage</b>	Ideal for the back, neck and shoulders, an intensive and very effective treatment to relieve stiffness and pain	One hour treatment £50
<b>Indian Head Massage</b>	Deeply relaxing and particularly beneficial for headaches, stress, anxiety, eyestrain, stiff neck or shoulders and insomnia. The client remains fully clothed and seated in a chair.	30 minutes £30
<b>Sports/Remedial Massage</b>	The manipulation of soft tissue for injury prevention and therapeutic purposes. Not just for sports people, but for anyone experiencing pain or discomfort.	One hour £40 30 minutes £30
<b>Arm, Wrist and Hand Treatment</b>	Specific massage to help reduce pain caused by RSI in hand, wrist and elbow. In some cases can also help to reduce numbness in fingers.	30 minutes £30
<b>Thai Yoga Massage</b>	A wonderful combination of Acupressure, massage and gently applied yoga stretches. The client remains fully clothed.	90 minutes (standard) £60 60 minutes (short form) £45 120 minutes (long form – special treat) £80
<b>Daoyin Tao® Massage</b>	Deep finger pressure in acupuncture points on head, face, neck and shoulders, combined with sweeping massage movements, gives a far-reaching holistic treatment which helps the body to heal itself.	30 minutes £35
<b>Aromatherapeutic Face Massage</b>	Wonderfully relaxing treatment incorporating about 30 minutes of face massage using natural products to suit your individual skin type. Leaves your face feeling thoroughly rejuvenated.	One hour £40
<b>Traditional Chinese Medicine Acupuncture &amp; Tui-Na (Chinese Massage)</b>	Very fine sterile needles, acupressure (no needles) or Tui-Na (Chinese Medical Massage) are used to help many symptoms including aches and pains, arthritis, asthma, depression, menstrual problems, migraine, rheumatism, stress and anxiety.	Initial Consultation and Treatment (up to 2 hours) £45 Subsequent Treatments (up to 1 hour) £35
<b>Reflexology</b>	Only shoes and socks are removed for this form of foot massage which stimulates sluggish systems and calms over-active ones.	Initial Consultation (1¼ hrs) £40 Subsequent Treatments (1 hr) £35
<b>Chiropody/Podiatry</b>	Maintenance of foot health and treatment of foot problems, especially those related to diabetes.	30 minutes £35
<b>Reiki</b>	The client remains fully clothed and the practitioner places hands gently on key points of the body. Reiki can be used to increase energy, promote healing and induce relaxation.	One hour treatment £35
<b>Kinesiology</b>	The use of muscle testing to discover imbalances in the body and mind. Conducted with the client fully clothed, this can be beneficial for digestive problems, allergies and food sensitivities, anxiety, depression, panic attacks, sinus problems, skin problems and hyperactivity in children.	Consultation and treatment (1½ hrs) £50
<b>Hopi Ear Candle (Thermo-Auricular) Therapy</b>	A gentle and safe way of stimulating the ear to remove excess ear wax. Can help relieve earache, headache, tinnitus or sinus congestion. Particularly suitable for children.	One treatment £35 Three treatments £90 Children aged 12 and under one treatment £20
<b>Manual Lymphatic Drainage</b>	An extremely gentle massage which helps to reduce fluid retention especially in pregnancy, obesity and after air travel.	30 minute treatment £30 60 minute treatment £40

<b>Hypnotherapy &amp; NLP</b>	A safe therapy whereby the therapist will direct your subconscious mind towards a more positive outcome. May help with: improving confidence, public speaking, improving performance, weight, smoking, sports performance and much more.	1½ hour session ( subsequent sessions 1 hour) £65												
<b>Regression Therapy</b>	A powerful therapy more suited to deep rooted issues and behaviours. It is designed to identify and remove the cause of the underlying issue, such as: panic, stress, anxiety, insomnia, anger, self-harming, phobias, destructive relationships, procrastination and self-sabotage.	1½ hour session £65												
<b>Gastric Band Weight Loss</b>	For those who are considered obese and have a high BMI, this hypnotic programme would be perfect for you. Offering 3 sessions with CD.	3½ hours total £250												
<b>Hypnoslim Healthy Lifestyling Programme</b>	Excellent for those wishing to reduce their weight naturally and permanently. Set of six sessions	Special offer fee of £360 for 6 sessions – a saving of £30												
<b>Stress Management</b>	Manage your stress triggers and learn how to take control. Using effective relaxation and NLP techniques	One hour session £45												
<b>Crystal Therapy</b>	Working on the physical, emotional, mental and spiritual level, Crystal Therapy is the use of crystals and gemstones to focus, direct and amplify the universal healing energy channelled by the therapist.	One hour session £35												
<b>Bowen Therapy</b>	A very gently treatment that helps with physical injuries, aches and pains, by rebalancing the body	One session £50 Three sessions £125												
<b>Homeopathy</b>	A truly holistic way of assisting the body's natural healing mechanisms, bringing health back into balance.	<table border="0"> <thead> <tr> <th></th> <th>First Consultation</th> <th>Follow-up</th> </tr> </thead> <tbody> <tr> <td>Adult</td> <td>£80</td> <td>£48</td> </tr> <tr> <td>Child</td> <td>£48</td> <td>£40</td> </tr> <tr> <td>Teen/student/ Senior</td> <td>£65</td> <td>£40</td> </tr> </tbody> </table>		First Consultation	Follow-up	Adult	£80	£48	Child	£48	£40	Teen/student/ Senior	£65	£40
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