

Jane Stephens M.F.H.T



Reflexology

Body Massage

Hot Stone Massage

Indian Head Massage

Ear Candling

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Reflexology

An ancient treatment, traditionally carried out on the feet or hands. Reflexology is based on the discovery that there are points on the feet and hands which correspond to organs, systems and structures within the body.

Whatever your occupation, age or state of health, reflexology has something to offer you. For all stages of life, including pregnancy, it can be used to restore and maintain the body's natural equilibrium and balance.

60 mins £30

Ear Candling

The native American art of ear candling is a natural therapy that is soothing and relaxing. It can benefit a number of conditions affecting the ears, head and sinuses. A treatment includes a massage of the head and face to enhance the benefits.

45 mins £30

Body Massage

A traditional massage which helps improve muscle tone, relieves muscular tension, relaxes and calms the mind.

30 mins £25

60 mins £35

Hot stone Massage

A gentle, relaxing treatment. The heat from the Basalt stones penetrates into the muscles helping to treat muscular aches and pains.

60 mins £35

Indian Head Massage

Suitable for back, head, neck, and shoulder tension. The treatment includes a back, shoulder and neck massage which helps ease stiff tense muscles. The scalp massage will leave you feeling energized and revived. The face massage works on pressure points to help ease headaches and sinus congestion.

45 mins £25

All treatments should not be used in place of conventional medical care.

An initial treatment will require a consultation.

A minimum of 24 hours is required for cancellations or a charge will be made.

There is no facility for credit cards, therefore, cash or cheques preferred.

Gift vouchers are available.