

ALTERNATIVES - ST NEOTS, CAMBS

BODY MASSAGE

Benefits:

- Relieves stress and tension
- Relaxing
- Improves skin tone
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Full Body Massage – approx 1 hour.

Back/Neck Massage – approx ½ hour

REIKI

Benefits:

- Relieves stress and tension
- Relaxing
- Balances, releases & transforms energy
- Works on all levels: Mind, Body & Spirit
- Non-invasive

Full treatment – approx 1 hour

REFLEXOLOGY

Benefits:

- Relieves stress and tension
- Relaxing
- Improves circulation
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Full treatment – approx 1 hour

HOPI EAR CANDLES

Benefits:

- Reduces ear wax build up
- Relaxing
- Effective treatment for hayfever, glue ear, tinnitus and headaches
- Helps to balance fluids

Full treatment – approx ½ hour

INDIAN HEAD MASSAGE

Benefits:

- Relieves stress and tension
- Relaxing
- Can relieve eye strain and headaches

Full treatment – approx ½ hour

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www.alternatives.pilates-professional.com

Member of Reiki Federation :-

www.reikifed.co.uk

For details on Reiki training see

www.reiki-school.net