



## **Massage & Healing TREATMENT MENU**

**Jannie Hardwick**  
BSc HONS, APNT, ITEC, BABTAC

### **Deep Tissue/Remedial Massage**

Can relieve stress, back pain, sciatica, shoulder and neck tension, whiplash, tight muscles, loss of mobility etc.

1 hour £40 / 1 hour 30 mins £55

### **Relaxing/Therapeutic Massage**

A massage that brings about complete relaxation and can melt away all your tension, cares and worries.

1 hour £38 / 1 hour 30 mins(full body) £53

### **Aroma Massage**

As for the 'Relaxing Massage' using pre-blended 100% essential oils, with a choice of seven blends.

1 hour £40 / 1 hour 30 mins(full body) £55

### **Hot Stone Massage Therapy**

The hot stones can be used simply for relaxation and stress relief or, hot and cold stones used together can be extremely beneficial for injury recovery, chronic conditions and deep seated tension. (Can also be used with the blended essential oils with an additional cost of £2)

1 hour £45 / 1 hour 30 mins £60

### **Indian Face Massage**

Uses massage, acupressure and energy techniques. Helps to release tension and smooth out fine lines. Complexion, skin tone and puffiness can improve leaving you feeling uplifted, relaxed and balanced.

1 hour £35

### **Thai Foot Massage**

The lower legs and all parts of the feet and hands are included in this treatment, which involves massage, stretching, stimulating reflex points and following the Thai energy lines. It is said to stimulate the activity of internal organs and thus be hugely beneficial for optimal internal health.

1 Hour £35

### **Suara Sound Healing**

Using sacred solfeggio and cosmic forks, why not have your chakras balanced and experience the effects of these beautiful healing frequencies.

1 hour £35

### **Metamorphic Technique**

A very gentle technique carried out on the feet, hands and head. Can help free energy blockages and release old patterns, allowing us to feel at one with life. An extremely relaxing experience.

1 hour £35

### **Reiki Healing**

Promotes relaxation and healing on physical, mental, emotional and spiritual levels. The universal life force energy is channelled through the hands to the client.

1 hour £35

Treatments are available in Woolley, just a few minutes walk from West Woolley Farm. To book or make an enquiry please phone Jannie on 01288 331270  
(Please note cancellations must be made at least 24 hours before the appointment otherwise the full price will be charged)