

# Massage

Our **three most popular** massage treatments...

## Full Body Oil Massage

Experience the healing effects of a relaxing and restorative massage using a synergy of essential oils that will embark on your body and mind on a journey of ultimate relaxation and wellness.

**30 min: £35**  
**60 min: £50**

## Deep Tissue Massage

Therapeutic deep tissue massage treatment stimulates and invigorates the soft tissues of muscles, Cranial-sacral therapy is a gentle hands-on treatment that combines the wisdom of osteopathy, psychotherapy and healing.

**60 min: £50**  
**90 min: £65**

## Hot-Stone Massage

Hot-stone Massage is an ancient art of healing. The massage is preformed with the use of (volcanic) smooth basalt stones that penetrate deeply into muscular system. The therapist works on meridians lines, chakras and the natural energy flow of nature.

Enjoy this Winter rescue treatment detox your mind, body and soul for 1 and a half hours of pure bliss.

**90 min: £65**

## Thai Yoga Massage

A holistic balance of mind and body. Thai yoga massage is a unique and powerful healing art that has been an integral part of traditional Thai medicine for thousands of years.

Using dynamic body work the practitioner guides the client through a series of yoga postures while palming and thumbing along energy lines and pressure points.

**60 min: £50**  
**90 min: £65**  
**120 min: £80**

## Abhyangam Ayurveda Massage

Abhyangam increases immunity, providing energy and nourishment for the entire body. Ayurveda massage eases away physical and mental fatigue, improves circulation and relaxes the body of its tension.

**75 min: £60**

## Thai Facial Massage

With herbal compresses. This treatment helps to dissolve tension, smooth wrinkles & tone the skin with natural Thai oil and creams.

**60 min: £50**

## Cupping Massage

Cupping is an ancient Chinese therapy which uses suction on the patient's skin to dispel stagnant blood and lymph, lift connective tissue for toning the muscles and skin.

**Please note:** Bruising may appear after treatment. Not advisable for patients with fragile capillaries or varicose veins.

**60 min: £50**

# Massage (Continued)

## Thai Foot Massage

Working reflexology points corresponding to the organs of the body. For deep relaxation and rejuvenation.

**60 min: £50**

## Back Massage

A non-invasive therapy which helps to relax tension. It includes manipulations, cupping massage and hot herbal compresses.

**60 min: £50**

## Lymphatic Massage

Used to encourage lymphatic flow in the body. The touch is incredibly light, as the lymphatic vessels are located directly beneath the skin. Recommended for patients with water retention and swollen legs. A combination of almond oil and juniper essential oil is used for the massage.

**60 min: £50**

## Slimming Massage

Slimming massage reduces cellulite stimulating the blood circulation and increasing lymphatic drainage. Consists of a combination of deep tissue, lymphatic drainage and friction techniques. A mixture of precious essential oils and massage cream are used.

**60 min: £50**

## Herbal Compress Body Massage

This massage helps tone muscles, lubricate joints, improve skin complexion & relax the body. Highly recommended for arthritis, lower back pain and sciatica.

**60 min: £50**

## Ayuverdic Face Massage

This ayurvedic facial treatment both nourishes and detoxifies the skin using “Maharishi” ayurvedic cosmetics made with precious oils, pure natural spring water and vegetable mixtures. Following the massage is a facial steam treatment which helps the active ingredients to penetrate the skin. After steam, a thick layer of mask (composed by medical micronized herbs and almond milk) is applied on the face for 15 minutes. The facial mask is then removed with herbal warm water and finally a youthful cream is applied to complete the treatment.

**60 min: £50**

**Don't forget to visit our website for the latest offers!**

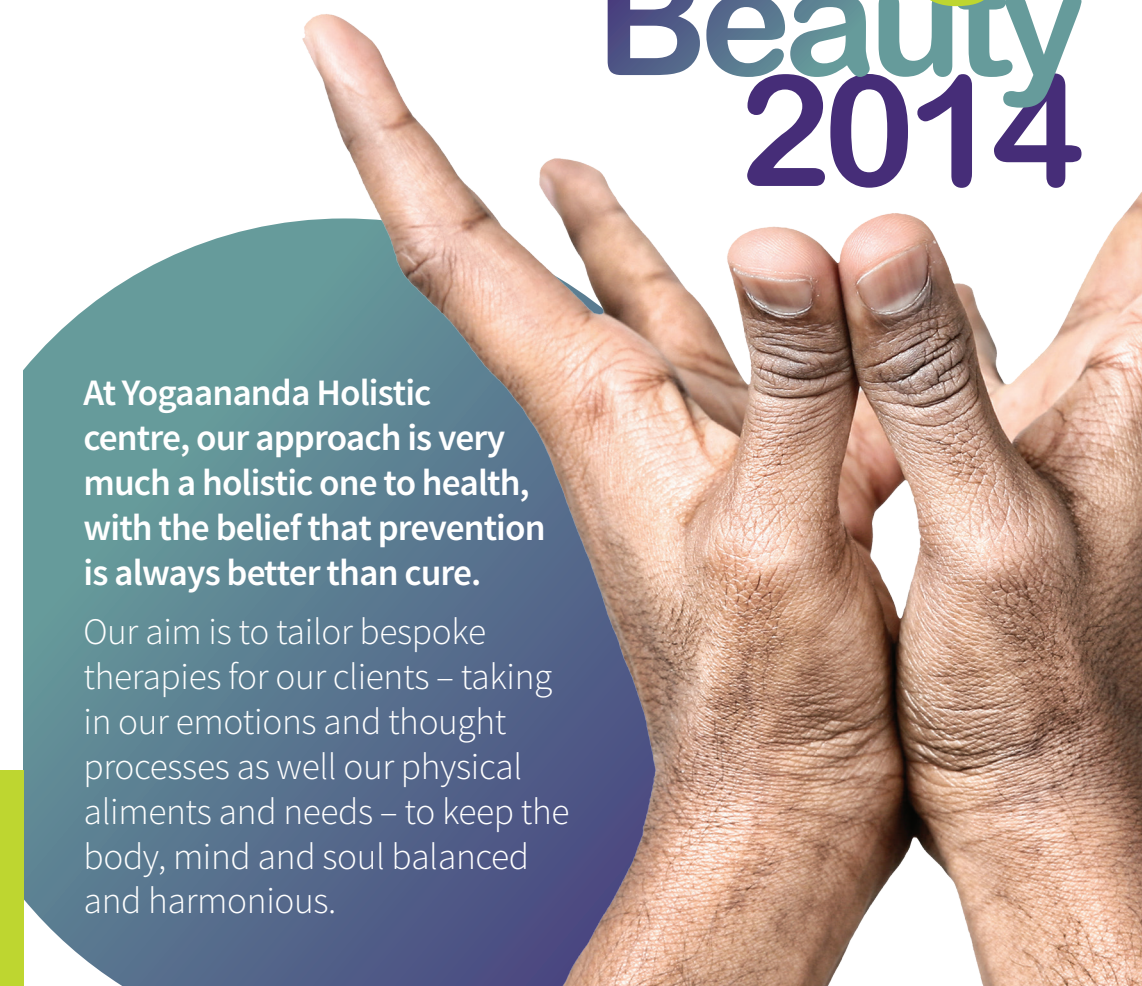
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# Therapies Massage Beauty 2014

**At Yogaananda Holistic centre, our approach is very much a holistic one to health, with the belief that prevention is always better than cure.**

Our aim is to tailor bespoke therapies for our clients – taking in our emotions and thought processes as well our physical ailments and needs – to keep the body, mind and soul balanced and harmonious.



# Therapies

## Life Coaching

Whether there are aspects of your life that you want to give more focus to like family, career, finances, relationships, health or Spirituality, you will be able to learn ways and methods that will make you more connected and content.

**60 min: £50**

## One-to-One Yoga & Meditation

Private yoga tuition, either one-to-one or in small groups can be a great way to deepen your practice, with sessions tailored specifically for your needs and capabilities.

Increase your flexibility, stamina, strength and levels of energy. Learn to relax and reduce stress in your life.

**60 min: £50**

## The Bowen Technique

The Bowen Technique is a non-invasive, holistic therapy consisting of a sequence of gentle moves over muscles and soft tissue.

During treatment the therapist leaves the room for short periods, allowing the client to rest while the body responds to the subtle adjustments to initiate the healing process of the body.

There is no manipulation of hard tissue and no force is used or needed. Regular treatment helps manage stress and encourage health maintenance.

**60 min: £50**

## Cranial-Sacral Therapy

Cranial-sacral therapy is a gentle hands-on treatment that combines the wisdom of osteopathy, psychotherapy and healing. It is ideal for delicate cases like babies, the elderly and sick and also extremely beneficial for happy, healthy people who occasionally become overwhelmed and run down.

**60 min: £50**

**90 min: £65**

## Reflexology

Reflexology involves the physical act of applying pressure to the feet with specific thumb, finger, and hand techniques without the use of oil or lotion. It is based on what reflexologists claim to be a system of zones and reflex areas that they say reflect an image of the body on the feet and hands, with the premise that such work effects a physical change to the body.

**60 min: £50**

## Shiatsu

Shiatsu in Japanese means “finger pressure”; it is a type of alternative medicine consisting of finger and palm pressure, stretches, and other massage techniques. Shiatsu is as a way to help people relax and cope with issues such as stress, muscle pain, nausea, anxiety, and depression.

**60 min: £50**

## Hypnotherapy

Hypnotherapy is a form of psychotherapy used to create unconscious change in the patient in the form of new responses, thoughts, attitudes, behaviours or feelings.

**60 min: £50**

# Therapies

## Theta Healing

Theta Healing is a healing technique that works at the energetic, atomic level of our existence; and has been described as the practical application of quantum mechanics.

The Theta Healing Practitioner will help you identify unconscious beliefs that are holding you back, or that can lead to physical unease in your body. Many people may be aware of conscious “limiting” beliefs, fears or doubts that prevent them from achieving what they desire. However over the years, we have discovered that there is often an UNCONSCIOUS belief or program that is at the root of the problem.

**60 min: £50**

## Kinesiology

Kinesiology assesses and treats the body, the mind and its energy to identify imbalance. The imbalance we identify enables us to respond precisely in our treatment. Using massage, nutrition, and acupuncture contact points, Systematic Kinesiology can help physical ailments, emotions and anxieties, energy blocks, dietary intake, and nutritional deficiencies. It balances the whole person enhancing health, vitality and well-being.

**60 min: £50**

## Nutrition

Nutrition is the provision, to cells and organisms, of the materials necessary (in the form of food) to support life. Many common health problems can be prevented or alleviated with a healthy diet, especially allergies and food intolerances.

**60 min: £50**

## Alexander Technique

It is a subtle and thoughtful discipline, but essentially practical and problem-solving. The Alexander Technique works through re-establishing the natural relationship between the head, the neck and the back – the “core” of the body that supports the strength of the limbs and which provides the structural environment for breathing and for the internal organs.

**60 min: £50**

## Colonic Irrigation

**£60 – Special price for 2014!** Your Digestive Health & Vitality is the most important factor for having a well tuned body. “Colonic Irrigation is a safe, hygienic and effective method of removing waste from the large intestine, without the use of drugs. By introducing filtered and temperature regulated water into the colon, the waste is softened and loosened, resulting in evacuation through natural peristalsis.”

**Colonic with Herbal Enema: £65**  
**Deep Colon Massage: £35**  
**Food Allergy and Intolerance test: £127**

## Acupuncture

Acupuncture is a collection of procedures involving penetration of the skin with needles to stimulate certain points on the body.. According to traditional Chinese medicine, stimulating specific acupuncture points corrects imbalances in the flow of qi through channels known as meridians.

**60 min: £50**

Cosmetic Acupuncture for facial rejuvenation and anti-ageing: £65 per treatment (60 min). A course of 10 sessions is the most beneficial approach.

## Body Talk

The Body Talk System is a unique health care system that uses biofeedback to communicate with the body and discover its healing needs and priorities. Using no manipulation, diagnosis or remedies, the body is brought gently back into its natural individual balance.

**60 min: £80**

## Angel Card Readings

These readings help to guide us to live our lives in the most meaningful way, listening to our inner voice with support from our Angel guides.

**45 min: £35**

## Reiki

Reiki is a spiritual practice developed in 1922 by Japanese Buddhist Mikao Usui, which has since been adapted by various teachers of varying traditions. It uses a technique commonly called palm healing or hands-on-healing as a form of alternative medicine. Through the use of this technique, practitioners believe that they are transferring universal energy (i.e., reiki) in the form of qi (Japanese: ki) through the palms, which they believe allows for self-healing and a state of equilibrium.

**60 min: £50**

## Homeopathy

A system of medicine which treats the individual with highly diluted substances, given mainly in tablet form, with the aim of triggering the body's natural healing system. Based on specific symptoms, a homeopath will match the most appropriate medicine to each patient.

**45 min: £60**

# Beauty

## Face, Hands & Feet

Mini facial (30 min)	<b>£30</b>
Luxury facial (60 min)	<b>£50</b>
Elemis deep cleanse facial (60 min)	<b>£50</b>
Mini manicure	<b>£15</b>
Manicure	<b>£25</b>
Mini pedicure	<b>£15</b>
Pedicure with foot spa	<b>£30</b>
Nail art	<b>£10</b>

## Waxing

1/2 leg	<b>£15</b>
Full leg	<b>£20</b>
Bikini	<b>£15</b>
Facial hair	<b>£5</b>
Eyebrow tint	<b>£10</b>
Eyelash tint	<b>£10</b>
Eyelash and eyebrow tint	<b>£18</b>

## Packages

Luxury facial and pedicure (90 min)	<b>£65</b>
Luxury facial including head, face and back massage (90 min)	<b>£65</b>

**Questions or special requirements?**

**Get in touch:**  
**01737 222 400**  
**yogaananda.co.uk**