



Sandra Dumas

*Holistic therapies
for your well-being*

***Holidays are the time to forget about your busy life and do what makes you happy.
We invite to you to fully relax with a treatment from our comprehensive menu.
The hardest is to choose which one...***

Holistic Treatments:

Reflexology

Reflexology is a non-intrusive complementary health therapy, based on the theory that different points on the feet, correspond with different areas of the body. It can help with chronic conditions, depression, stress and anxiety.

Reflexology (1hour): £36

Relaxing/therapeutic massage:

This massage can help to relieve stress and any muscular tensions.

Back massage (30 min): £25

1 hour massage: £40

90 min massage: £50

Aromatherapy massages:

Aromatherapy is the use of essential oils distilled from plants to promote a well-balanced and healthy lifestyle. Essential oils are diluted in a carrier oil to create a blend depending on your needs and condition. Each blend is unique and made for you. Whenever possible organic oils are used.

1 hour Massage £45

90 min massage: £55

Lava shell massage:

Lava shell rescue massage™ (1hour) : £60

A combined Hot Lava Shell and Glacial Shell massage treatment to treat more general fitness muscle aches and pains. The specific massage techniques target trigger points in muscles which can be responsible for tension and referred pain. The treatment leaves you feeling invigorated, muscles are more relaxed and aches and pains can be significantly reduced. It is ideal for people with long term tension. Not recommended during pregnancy.

Indian Head massage

This non-invasive treatment involves massage of the upper back/shoulders/neck /scalp/face and ears. It is a holistic therapy, renowned for relieving symptoms of stress, anxiety, depression and mental tension.

Indian Head Massage: (30mins): £29

Hot Stone Massage:

Hot stone massage is a deep massage which uses a variety of strokes and techniques using warm basalt stones and hands. The heat produced from the basalt stones is deeply relaxing and will help relieving muscular tensions.

1h massage: £48

90 min massage: £58

Pregnancy massage:

Prenatal massage relaxes tense muscles, eases sore spots, improves circulation and mobility, and just makes you feel good. But it's also tailored specifically to the needs of pregnant women and their changing bodies. The massage is done with the client lying on their side. Organic oils used.

1 hour massage: £42

90 min massage: £52

Maternity reflexology:

Maternity Reflexology is aimed specifically at women during pre-conception, pregnancy, labour and the post-natal period. During pregnancy, the body goes through significant emotional, hormonal and physiological changes. Reflexology can help to alleviate or prevent discomfort arising from this imbalance and restore the body's equilibrium.

1st term: (30 min): £28

1 hour treatment (from 12 weeks): £36

**To book appointments or make enquiries contact: Sandra Dumas (ITEC, BABTAC)
Tel: 07930 154033 or 01288 361668 Email: therapiesinfo@gmail.com**

Beauty treatments:

Facials

Every Trevarno Organic facial is a caring, personalised experience

Organic Holistic Facial: cleanse, mask, tone and moisturise, head and shoulder and neck massage. A Jade Roller is used on the skin. Jade is an interesting semiprecious stone in that it remains cold while in contact with the skin and therefore helps closing the pores, increasing lymphatic drainage and tightening the skin. In modern understanding their most useful function is that they increase lymphatic drainage. **1 hour £38**

Organic Mini Facial: Facial includes double cleansing techniques, gentle exfoliation, acupuncture facial massage and neck and scalp massage. **30 min £28**

Body treatments:

Body exfoliation (30 min): a gentle exfoliation with organic body scrub (sugar based) which will leave your skin smooth and hydrated. Suitable for sensitive skin and during pregnancy as organic products are used. **£ 30**

Seaweed Body wrap (30 min): a seaweed body wrap is perfect for detoxification, skin hydration and nourishment. After the seaweed is applied, you will be resting wrapped in a blanket. The heat relaxes the muscles, opens the pores, and encourages sweating so that toxins are flushed from the body. A relaxing scalp massage will be offered. You will feel truly pampered. **£32**

Marine Mud wrap (1 hour): This detoxifying treatment involves skin brushing and envelopment in marine mud. During perspiration, the mud traps the toxins from the body while releasing its marine ions, trace elements and revitalising minerals. To achieve complete relaxation, you will receive a face and scalp massage. True bliss! **£50**

Packages:

Back Bliss: This treatment includes back exfoliation and a back massage using hot stones. The exfoliation improves the circulation of blood and lymph to the surface of the skin and improves skin tone. The Heat relaxes your back in a short space of time which allows a deep working of the tissues using both hot stones and hand strokes.

45 min: £40

Pure Pamper: A wonderful experience combining a full body massage and a mini facial using the gorgeous Trevarno products. This treatment can also be adapted for mum to be.

90 min: £60

The holistic experience: This treatment draws from a wide range of massage techniques and may include Aromatherapy oils, Hot Stone, Indian Head, MFR techniques and Reflexology. A short consultation will help me to create a unique, fully bespoke treatment which will not only focus on how you are feeling physically but also on how you're feeling emotionally and energetically. The treatment you receive will therefore be unique, following no fixed routine, taking into account much more than just superficial aches and pains.

This holistic approach will help you to experience relaxation at a very deep level.

90 min: £70

Please note that any cancellations must be made at least 24 hours before the appointment otherwise the full price will have to be charged.

All treatment times include consultation and 5 minutes relaxation time.

Treatments are given in the pamper room on site at Wooldown Farm.

Payment by cheque or cash but if more convenient, payment can be made by bank transfer by previous arrangement.

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