

# natural rays

## Treatment Menu

### **Full body massage: £40 for 1 hour**

Relax and rejuvenate your body from top to toe. This treatment will ease your tensions from injury, stress or overuse and will encourage your body systems to function in an optimal way. Leave your mind behind and reconnect with your body through massage.

### **Half body massage £30 for 45mins**

When a back massage just is not enough, why not try a half body massage. Enjoy a full back massage with the following options: Leg and foot massage (front and back) OR shoulders, chest and neck massage OR stomach and arms.

### **Back massage: £20 for 30mins**

Do you struggle with your back and have aches and pains that you would like to be soothed away? By encouraging your muscles to relax, we can improve and maintain the health of your back.

### **Arm, hand and foot massage £20 for 30mins**

Our arms, hands and feet work hard for us everyday... They deserve a good treat to thank them for their service! Enjoy a footbath with essential oils, then kept cosy while you enjoy an arm and hand massage. A foot massage completes this wonderfully relaxing treatment.

### **Luxury massage: £60 for 1 hour 30mins**

A luxury massage is the ultimate pamper session for those needing to drift away, quiet their mind and fully reconnect with their bodies. Enjoy a cup of herbal tea and a footbath while we plan your full body holistic massage tailored to your needs. Let tension melt away.

### **Ritual massage: £70 for 1 hour 45mins**

Treat yourself to a ritual massage and embark on journey. Enjoy a cup of herbal tea and foot spa with essential oils while we plan your experience. Complement your full body massage and drift away to a guided meditation, breathing techniques, chakra balancing and be soothed with the natural energy of crystals and Reiki.

### **Reiki £30 for 45mins**

Restore your physical, mental and emotional wellbeing with a calm and relaxing Reiki treatment. Let your stress slip away while the flow of life force energy floods your body and mind, allowing them space to heal.

### **Hopi Ear Candling treatment: £30 for 45mins**

This is an ancient tradition in which a hollow coned candle is used to draw soft wax and toxins from your ears. Find relief from blocked ears and sinuses, headaches, infections and more. We complete this treatment with a face and scalp massage for ultimate relaxation.



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## All natural ray treatments are holistic...

Holistic means whole. Holistic treatments work to support your whole health including your physical, mental, emotional and spiritual wellbeing. A treatment can work to ease tensions within the body, encourage your internal systems to work more effectively, improve posture, relax your mind, reduce stress, leave you calm and able to work with your emotions and bring you back to your love and connection with your self. We are all guilty of not taking time to look after ourselves. Why not start now?!



## Confidential Consultation:

A consultation will be conducted before each treatment in which details of your health will be discussed. Together we will decide on the perfect treatment to ease your tensions away, remaining mindful of medical conditions, focusing on areas that require attention and leaving you floating through the rest of your day.



## Aftercare:

- Drink a lot of water after your treatment to rehydrate and support your body in flushing toxins out
- Try to avoid alcohol, smoking & caffeine for 24hours as they can dehydrate your body
- Avoid heavy meals after your treatment, snacks and light meals are better
- Be kind to yourself, if you need to rest – rest!

To book a treatment with:

natural rays

Please ask at reception, call the following number OR message me on Facebook:

01782 202361

[www.facebook.com/naturalrays](http://www.facebook.com/naturalrays)