



Complementary Therapies

Our aim is to provide a personal and holistic approach to wellbeing in a place of calm and relaxation, with an emphasis on organic and natural products and therapies

Massage Therapies

Aromatherapy – 60 mins

£55

Aromatherapy combines the use of essential oils and therapeutic massage. The oils, which come from plants, are highly concentrated and very powerful. Essential oils possess natural healing properties – without harmful side-effects. Each oil has its own unique therapeutic properties, which can be used to treat a wide range of conditions both physical and psychological.

Holistic Massage 30 mins - £30 60 mins - £50 90 mins - £68

A form of massage based on Western strokes and sequences which is adapted to the individual's needs. The therapist is guided by intuition, rather than following a set routine and aims to rebalance the body so it achieves homeostasis or balance. It is excellent for reducing stress and can also incorporate deeper work to release tight muscles and improve mobility.

Sports Massage / Deep Tissue – 60 mins

£52

Sports massage is a therapy that helps alleviate stress and tension which builds up in the body's tissues during any physical activity. By massaging the deeper layers of muscle tissue using a combination of techniques, the therapist can help loosen knots, relieving pain and improving circulation to bring the client back to optimum performance.

Pregnancy Massage – 60 mins

£50

Pregnancy is a time of enormous change, both physically and emotionally. Massage is a wonderful way to support the mind/body changes that occur throughout the pregnancy. It can help relieve the pains and tensions, such as backache, aching legs, and swollen feet. It can also help treat common conditions such as sickness, constipation, and insomnia. From 16 weeks.

Hydrotherm Massage – 75 mins

£68

A three dimensional massage technique, where you lay on warm water pillows, with your spine in perfect alignment and remaining face up throughout the treatment. The gentle heat of the water increases local circulation and helps with removal of toxins, therefore not only relaxing its also detoxifying. This is also a fantastic treatment during pregnancy from 16 weeks.

Hot Stone Massage – 75 mins

£68

This is the ultimate in providing deep and effective stress release. You will feel relaxed and cocooned in warmth as the stones glide over you, releasing muscle tension, boosting your circulation and penetrating deep into the tissues and joints. By the end of the treatment you will feel balanced and refreshed on all levels.

Thai Yoga Massage - 60 mins - £50

90 mins - £68

Thai Yoga massage uses pressure points to increase the flow of energy around the body and easing tension by stretching and manipulating muscles. Anxiety and stress are replaced by a feeling of relaxation and regained energy. Light comfortable clothes are worn.

Indian Head Massage – 30 mins

£30

Indian Head Massage is based on an ancient healing system which has been practised for over a thousand years. The treatment covers neck, shoulders and face, which are massaged with slow, gentle, rhythmic movements. The benefits of Indian Head Massage include improvement in sleep patterns, circulation, concentration levels, sinus problems and hair or scalp conditions.

Other Therapies

Reflexology – 60 mins

£50

A therapist's sensitive hands can detect tiny deposits and imbalances in the feet and by working these points can release blockages and restore the free flow of energy to the whole body. This treatment is also safe in pregnancy and can help with a number of pregnancy related symptoms.

Hopi Ear Candles – 45 mins

£40

An ear candle is made out of natural cotton and soaked in beeswax, honey extract, pure essential oils, and herbs such as Sage and St. John's Wort. It's a very soothing and relaxing treatment which can help with sinusitis, excessive ear wax, snoring, tinnitus and headaches.

Reiki Healing – 60 mins

£45

Reiki is a form of healing using "universal life energy" channelled through the practitioner to the recipient. Reiki helps to harmonise body, mind and spirit and can be used for many ailments; like reducing stress, relieving pain, headaches, stomach upsets, emotional issues, asthma and respiratory problems, PMT, menstrual problems, sinus, anxiety and many more.

Cranioscral Therapy – 60 mins

£50

An extremely gentle therapy that uses no manipulation, which means it is safe and suitable for people of all ages, and also in fragile or acutely painful conditions. It may aid people with almost any condition, by raising the vitality and enabling the body's own self-healing processes to be utilised. Babies tend to respond very well and problems like colic, sucking problems, breathing difficulties, restlessness and irritability can all be relieved.

Acupuncture – 60 mins

£60

Acupuncture is a system of healing, which has been practiced in China and other Eastern countries for thousands of years. Some of the conditions safely treated with Acupuncture are digestive problems, musculo-skeletal pain, anxiety, depression, headaches/migraines, insomnia, menstrual problems, fertility, pregnancy difficulties, asthma, hayfever and stop smoking.

Myofascial Release (MFR)

Initial consultation – 90 mins - **£75** Subseq. sessions – 60 mins - **£60**

Injuries, stress, inflammation, trauma and poor posture can cause restriction to fascia, which covers and connects your muscles, organs and skeletal structure. Some of the conditions that can be helped by this treatment are backache, pelvic imbalance, frozen shoulder, neck pain and restrictions, migraine, facial pain and fibromyalgia to mention a few.

Chiropody – 45 mins

£40

Our feet carry us around all of our lives, day in and day out. They have to tolerate every day stress, like standing too long at work, tight shoes, insufficient airing and too much moisture. Our feet deserves better! They want to be seen, well cared for and beautiful. This treatment will help various conditions like hard skin, corns, verrucas, ingrown toe nails and fungal nail infections.

Osteopathy

Initial consultation – 60 mins **£60** Subseq. sessions – 30 mins **£45**

Osteopathy is a way of detecting and treating damaged parts of the body such as muscles, ligaments, nerves and joints. Some of the common conditions that can be treated are: neck and back pain, repetitive strain injury, postural problems caused by driving or work strain, the pain of arthritis and sports injuries.

Chiropractic Treatment

Initial consultation – 45 mins **£60** *Subseq. sessions – 15 mins* **£35**

Chiropractors use their hands to adjust the joints of your spine and extremities where signs of restriction in movement are found; improving mobility and relieving pain. Your body's own healing processes will then be able to get on with the task of improving your health. This treatment is known as 'adjustment' or 'manipulation'. It is suitable for everyone, including newborn babies, the elderly, pregnant women and sports enthusiasts.

Homeopathy

Adults initial consultation **£65** *Follow-up sessions* **£50**

Children's initial consultation **£55** *Follow-up sessions* **£45**

This is a safe and effective form of medicine that treats the mental, emotional and physical state, using remedies that are completely non-toxic and without side effects. The remedies stimulate the body's own healing mechanism or immune system to heal itself. It can treat problems such as migraines, eczema, menopause, PMT, weak immune system, insomnia, depression, IBS, hayfever, grief etc..

Hypnotherapy

£85

During hypnosis, you enter a state of deep meditation in which concentration dramatically increases, enabling you to be more receptive to positive suggestion and therapy. Through the use of skilful hypnotic techniques, the therapist provides you with appropriate suggestions for your particular needs. The goal is to achieve a clear and lasting change that will significantly improve your quality of life. Hypnotherapy has great success with stopping smoking (£190), weight loss, fears/phobias, insomnia, addictions, stress, migraines, just to name a few.

Nutritional Therapy

Initial consultation – 75 mins **£95** *Subseq. sessions – 45 mins* **£60**

The benefits of good nutrition are many. Besides helping you maintain a healthy weight, good nutrition is essential for the body and all its systems to function optimally throughout your life. A healthy diet provides energy, keeps your immune system strong, promotes good sleep, and gives the body what it needs to stay healthy. When you consider the benefits of good nutrition, it's easier to eat healthy. Most conditions can benefit from improved nutrition and specially with the following issues: Adrenal fatigue, Arthritis, Bloating, Chronic Fatigue Syndrome, Diabetes, Digestive problems, Fibromyalgia, Frequent Infections, IBS, Infertility, Insomnia, Menopausal symptoms, PMS, Polycystic Ovarian Syndrome (PCOS), Psoriasis, Spots/acne, Stress conditions, Weight management, and much more.....

To book an appointment contact Earthlife at:

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Please give 24 hour notice should you have to cancel an appointment. Any cancellation after this will be subject to a 50% cancellation fee. The full fee will be charged for appointments that are not kept.