

FACIAL TREATMENTS

Using organic, vegan and cruelty-free products.



ORGANIC FACIALS (Tropic Skincare)

Mini Prescriptive Organic Facial | 30 mins | £40

This treatment includes cleanse, exfoliation, mask, scalp massage and finishing products chosen for your skin's needs, helping to refresh the complexion, support skin balance, and leave your skin feeling healthy and revitalised.

Prescriptive Organic Facial | 60 mins | £60

This treatment includes deep cleansing, exfoliation, face, chest, neck & shoulder massage, scalp/ hand & arm massage, targeted masks and finishing products selected for your skin's condition, helping to improve skin tone, support balance, and leave your complexion looking fresh and radiant.

Age Renewal Targeted Facial | 60 mins | £70

A results-driven facial powered by the latest Tropic renewing products to refresh, smooth, and revitalise your skin. This treatment combines gentle resurfacing with deeply nourishing botanicals to boost cell renewal, improve texture, fine lines and enhance natural radiance.

MINERAL FACIALS (Sea Magik Skincare)

Hydra Boost Refresher Facial | 30 mins | £40

We start by cleansing your skin and performing a pressure point massage to relax any tension held in your face and neck. Next, your skin will be treated with our skin health focused mineral skincare to give your skin an extra boost of hydration and nourishment.

Ocean Glow Feel Good Facial | 70 mins | £70

Combining facial massage techniques with a results-driven peel-off alginate mask, your skin will be given an extra boost of hydration and nourishment for a long-lasting youthfulness. With active ingredients derived from algae and seaweed, this indulgent facial works to reduce wrinkles, refine pores, improve skin elasticity and even out skin tone.

Gua Sha Mineral Eye Lift | 30 mins | £40

Including a cleanse, exfoliation & gentle massage, which helps to awaken the skin and prepare for optimal absorption of powerful mineral-rich ingredients. The next phase of the treatment is an eye lift using Gua Sha crystals to promote circulation, reduce inflammation, and create a cooling effect that enhances the hydrating benefits.

Lift & Drain Cupping Facial | 60 mins | £60

Reveal a naturally brighter, more sculpted complexion with this deeply relaxing facial that combines gentle facial cupping with soothing lymphatic drainage massage.

With Tropic or Sea Magik skincare.

The Works Dermaplane Facial | 60 mins | £65

Includes double cleanse, exfoliation, dermaplane to face and neck, soothing cream or sheet mask, chest, neck, shoulder & scalp massage, targeted serum(s), ice-globes/crystal roller, moisturise and SPF 50. **With Tropic and Clinicare skincare.**

Supporting women's
physical, emotional & mental health & wellbeing through

TOUCH & SOUND THERAPIES & HYPNOTHERAPY

SPECIALIST IN:

- Stress reduction/nervous system regulation
- Pain management (e.g. TMJ disorder and Fibromyalgia)
- Skin conditions (and skincare guidance)
- Reproductive health conditions (e.g. PMDD, Endometriosis, PCOS, Fibroids)
- Pregnancy & Postnatal transitions
- Perimenopause/Menopause symptoms management
- ADHD symptoms management

For a more extensive look at how Solution Focused Hypnotherapy can support you, please visit my website or contact me for more information.



Contact Us



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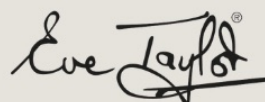
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Balance
HOLISTIC THERAPIES & HYPNOTHERAPY

TOUCH & SOUND THERAPIES TREATMENT MENU

SPECIALIST MASSAGE TREATMENTS



Hormonal Balancing Body | 75 mins | £75 Massage Treatment

A deeply nurturing and restorative treatment, thoughtfully created to support women through perimenopause, menopause and beyond. Using soothing massage techniques, gentle acupressure and specialist Jennifer Young botanical products, each treatment is tailored to your individual needs following a personalised consultation.

As part of the experience, discreet acupressure plasters are applied to carefully selected points on the body to provide continued support after your treatment, helping to encourage balance and wellbeing throughout the day.

Womb Wisdom Massage | 75 mins | £75

Rooted in ancient, earth-honoring traditions, Womb Wisdom Massage is a nurturing practice that reconnects women to the intelligence of their bodies, honoring the womb as both a physical and energetic center.

Using slow, intentional abdominal, pelvic and sacral massage, this treatment supports circulation, eases tension, and encourages hormonal balance. It may help to regulate menstrual cycles, relieve discomfort, support fertility, and offer gentle support for conditions such as PMDD, endometriosis, PCOS, and fibroids. As well as during transitions like postpartum recovery or menopause. Beyond the physical, it also offers a space for emotional release, helping to process held stress, trauma, and disconnection often stored within the body.

The Sculpt and Flow Ritual | 75 mins | £85

A results-driven body ritual designed to sculpt, smooth and revitalise. This luxurious treatment combines dry body brushing, manual lymphatic drainage and specialist wooden sculpting tools to encourage healthy lymphatic flow, reduce puffiness and support the body's natural detoxification processes. Finished with nourishing body products, your skin is left silky soft while your body feels lighter, firmer and beautifully refreshed.

Fibrotherapy Massage | 60 mins | £65

This is a gentle, science-backed treatment designed for people with fibromyalgia, chronic fatigue syndrome/ME, digestive issues linked to nervous system imbalance, stress-related muscle tension, and persistent pain conditions. Unlike deep tissue massage, which can be too intense and overstimulating, Fibrotherapy Massage works with the nervous system rather than against it, ensuring a pain-free, deeply relaxing experience. Includes ear seeds.

TMJ Fascia Massage | Single £60 | Course of 4 £220

This 45 mins treatment focuses on releasing tension in the jaw, face, and surrounding muscles and connective tissue. This effective treatment can help with jaw tightness, clenching and discomfort associated with the temporomandibular joint (TMJ). By working with the fascia and muscles of the jaw, face, head, neck and scalp, it can help improve mobility, reduce tension headaches, and support relief from symptoms related to teeth-grinding, or stress-related jaw tension, leaving the area feeling softer, more relaxed, and balanced.

MASSAGE/BODY TREATMENTS



I offer massage from a holistic perspective, where I treat the whole person rather than just focusing on one area of tension. Your physical comfort, emotional wellbeing, stress levels, and lifestyle are all considered so that each treatment supports your body and mind as a whole.

Massages are offered by time rather than by a fixed routine.* This allows each session to be tailored to you on the day, focusing on the areas that need the most care and attention.

A range of techniques may be incorporated depending on your needs and preferences. Treatments may include relaxing massage, deeper therapeutic work, or gentle stretching. Massage techniques including Swedish, Deep tissue, Lymphatic, and Myofascial Release. Your session will always be adapted to suit your comfort level and treatment goals. Including your preference of aromatic massage oil blend.

15mins	30mins	45mins	60mins	75mins	90mins
£20	£40	£50	£60	£75	£90

Pregnancy/Postnatal Back Massage | 30 mins | £40

Pregnancy/Postnatal Full Body | 60 mins | £60

Pregnancy/Postnatal Balancing Facial | 45 mins | £55

A gentle, nurturing facial designed to support your skin through the hormonal changes of pregnancy and the postnatal period. This treatment focuses on restoring balance, boosting hydration, and calming sensitivity using carefully selected, pregnancy-safe products. It helps to reduce breakouts, soothe inflammation, and revive tired, dull skin, leaving your complexion feeling refreshed, radiant, and comfortably rebalanced. Ideal for a moment of relaxation and self-care during this transformative time.

Lava Shell/Thermabliss Stone Massage | 60 mins | £68

The self-heating Molten Lava/Thermabliss Stones glide smoothly over the skin, radiating a gentle heat into the surrounding tissues and muscles, causing greater relaxation than massage alone and allowing the therapist to concentrate on specific areas of tension. Working the whole body, this is a truly nurturing experience.

Himalayan Harmony | 30 mins | £45

Indulge in a deeply soothing & lightly exfoliating back massage using warm Himalayan salt stones. The comforting heat gently melts away tension in the back, neck, and shoulders while the stones glide over the skin to ease tight muscles and promote deep relaxation. This luxurious treatment leaves you feeling warm, grounded, and beautifully relaxed.

Back Bliss Treatment | 45 mins | £58

A treatment to ease back aches and pain, detoxify & nourish the skin and induce relaxation. Includes a dry body brushing, back cleanse & exfoliation, and back massage.

Soothing Hot Oil/Scalp Mud Treatment | 30 mins | £40

Beginning with a therapeutic massage of warmed oil, the tension in your head and neck muscles are released as the scalp is gently nurtured. Next, nourishing Hot Seaweed Scalp Mud is applied to stimulate blood flow, oxygenation and nutrient delivery to the scalp while soothing and detoxifying.

Sacred Sleep Ritual | 60 mins | £70

This calming back and face experience is designed to ease tension, help regulate your nervous system, and restore a deep sense of calm for a more restful sleep. Includes a purifying back ritual (cleanse, exfoliation, and massage), and a soothing sleep-inducing facial, infused with deeply relaxing essential oils of lavender, chamomile, frankincense, rose geranium, rosemary and eucalyptus.

Indian Head Massage | 30/45mins | £40/£48

Indian head massage, is based on the ancient Ayurvedic form of healing. It works the upper three chakras: crown, 3rd eye and throat, and can help support physical harmony, healing, vitality, and is good for muscle tension, headaches & relaxation. A seated treatment, with aromatherapy oils or can be carried out without oils, over a t-shirt.

Thai Foot Massage | 60 mins | £65

Beginning with a soothing foot soak to freshen and relax the feet. The feet & lower legs are treated with hands-on stretching, massage, manipulation and stimulation of the reflex points along the Sen or Thai energy lines. A Thai Foot stick is also used.



SOUND THERAPY

Himalayan Singing Bowls | 60 mins | £55

Body Massage Treatment

Immerse yourself in a deeply restorative experience that combines gentle bodywork with the soothing vibrations of Himalayan singing bowls. You remain fully clothed throughout the treatment, allowing you to relax in complete comfort as the bowls are placed on and around the body. Their resonant tones travel through the muscles and energy pathways, helping to release tension, rebalance the nervous system, and promote a profound sense of calm.

This treatment encourages deep relaxation, reduces stress and anxiety, improves circulation, and supports emotional clarity. Ideal for those seeking holistic healing, it leaves you feeling grounded, refreshed, and harmonised from within.

1-1 Meditation & Sound Bath | 60 mins | £55

Meditation & Sound Bath for 2 | 60 mins | £90

Meditation & Sound Bath for 4 | 60 mins | £160

To help re-balance your energy, mind and body. Relax under cozy blankets with an eye mask, and enjoy a guided relaxation meditation. Immerse yourself into the vibrational healing sounds of percussion instruments, crystal/himalayan singing bowls & gongs.

I provide a yoga mat, blanket, pillow and eye mask. You may wish to bring an additional mat/blanket for extra comfort. Please bring a pair of warm socks/slippers. Enjoy a hot drink following your session.

