

Reiki



An Ancient system of hands-on healing, helps the body's energies to rebalance by working on the physical, mental, emotional and spiritual levels, most people reach a deep state of dreamlike relaxation during Reiki. **30mins £20 60mins £33**

Crystal Therapy



Uses natural energy from crystals to draw out, transform and heal blockages within the layers of the aura. Most people experience a very deep meditative state of relaxation during a session. After a treatment it is likely you will have experienced some change in your physical, mental, emotional or spiritual condition, pain relief, uplift, relaxation and feelings of wellbeing are all expected outcomes.

60mins £40

Reflexology



Reflexology works on the theory that each part of the body is interconnected through the nervous system to the hands and feet. Stimulating specific reflex points in the feet can bring needed nutrients to poorly functioning areas of the body. This can help restore balance and stimulate the body's own healing abilities. Deeply relaxing and promotes a sense of wellbeing.

60mins £38

Colour Therapy



Aims to balance and enhance the energy centres of the body by using the seven colours of the light spectrum to help stimulate the healing process, it works on all levels, is subtle and gentle yet can facilitate powerful and positive changes. Treatment involves use of coloured light, silks and crystals and advice on changes to diet, clothing and décor.

60 mins £35

Holistic Trinity

A complete and flowing treatment to work on all levels of tension. Begins with a luxurious Back, neck & shoulder massage with warm coconut or frangipani oil. Flowing into Reiki to harmonise the emotional/mental and spiritual levels and clear the energy field. Finishing with Reflexology to ground and rebalance the entire system. **90 mins £65**

Rose Quartz Facial



This healing and soothing facial stimulates circulation and promotes cell renewal. The Rose Quartz rollers smooth and polish the skin, redefine the facial contours and drain away toxins leaving your skin looking fresh, healthy and glowing whilst Rose quartz crystals are placed on the heart to bring deep emotional healing. Rose quartz can restore harmony and love to your life and relationships by helping you learn to love yourself. **60mins £45**

Holistic Facial

A complete journey for your senses. A full cleanse, tone, exfoliate, mask and massage of the face using natural products and essential oils. Combined with a holistic body, mind & spirit treatment using gentle stretches to open the energy pathways (meridians) and Chakra Colour therapy, Reiki or Crystals to rebalance the key energy points. Includes massage of the neck, shoulders, scalp hands, arms and feet. **60mins £45**

Ear Candles



Ear candles were used by native tribes in healing rituals and ceremonies, to cleanse and harmonise energy fields, as well as a physical therapy for problems relating to the ear, nose and throat. Includes a relaxing massage of the face and neck to help drain the sinuses. **45 mins £35**

Linda Brennan Holistic Therapies

Information and Appointments
Call or Text
078100 17471

In practice for 15 years
Individual Treatments
Workshops & Courses

For more information and details of locations please visit my website

www.lindabrennan.org



Fully insured member of the Federation of Holistic Therapists

Massage Treatments



Swedish Massage

The classic Swedish massage routine uses rhythmic, deep pressure to warm and stretch the muscles, followed by hacking, pounding and cupping movements. Both **Relaxing and rejuvenating**



1hr £45

Therapeutic Massage

A personalised treatment which works deeply into the muscles, concentrating on areas where you are most affected by tension, e.g. neck or shoulders, Incorporates techniques from Shiatsu, Acupressure, Neuromuscular and trigger point therapy. **Relieves pain, stiffness and knots**

45mins £38

60mins £45

Deep Tissue Massage

Using **Thai and Balinese** massage techniques this deep and rhythmical massage focuses on relieving stress and muscular tension. Deep gliding pressures **stretch and soothe** tight aching muscles. **60mins£45**

Detox and Drain Massage

A deeply detoxifying full body massage using a dynamic blend of essential oils and specialised massage techniques. Concentrating on areas of concern to increase circulation, lymphatic drainage, improve skin tone and reduce the appearance of cellulite. **60mins £45**

Manual Lymphatic Drainage



Aims to improve the flow of lymph, resulting in improved function and quicker elimination of waste products from the body's organs and tissues

This is achieved by gentle circular movements to stimulate the lymphatic vessels and clearing of the major lymphatic ducts and valves. It is a gentle and relaxing treatment performed over close fitting clothing such as leggings and a long sleeved top. **60mins £45**

Sinus Steam Massage

A face, neck, shoulder and scalp massage using Steam and decongesting oils to clear the airways **Great for easing sinus congestion 30mins £22**

Colonic Detox Massage

A massage of the abdominal area to help improve colon function, eliminate blockages and toxins and can ease symptoms of I.B.S and bloating. A gentle and effective **alternative to Colonic Irrigation**

30mins -

£25

Coconut Dream



Luxury treatment to improve skin and hair condition,

Begins with body brushing to exfoliate the skin and boost

circulation, hot steamed lime or jasmine scented towels to cleanse and open the pores, followed by a full body, face and scalp massage using warmed Organic coconut oil. **Your skin will look, feel and smell wonderful!** **75mins £45**

Indian Head Massage

A massage of the head, neck, upper back and face. Performed whilst seated. Relieves, headaches, migraines, eyestrain and sinus congestion and improves hair and scalp condition. **45mins £30**

Hot Stone Massage



A deeply relaxing massage using heated volcanic stones, the heat penetrates the deeper layers of the muscles, dissolves tension and instills relaxation.

Feel your tension melt away.

Full Body 60mins £45

Gemstone Crystal Massage

A full body massage using specially selected smooth crystals to unblock and increase energy flow. Includes cleansing and balancing chakras. Performed over light clothing this is a deeply relaxing and powerful treatment. **60 mins £39**

Pressure and pace of all massage treatments will be adapted to your own preferences