
BESPOKE PACKAGES

From our free consultation, we can develop a treatment plan that will target your desired areas, ensuring that you receive the most benefit possible from the holistic healing process. Plans can be arranged for single or multiple sessions over as many weeks as you feel you may need.

Examples of Bespoke Packages;

TOTAL HEALING

30 minutes REIKI
30 minutes REFLEXOLOGY
30 minutes INDIAN HEAD MASSAGE

90minute treatment £55

TOTAL RELAXATION

30 minutes FACIAL
60 minutes FULL BODY MASSAGE
(choose from any of the 3 Relaxing Body Treatments)

90minute treatment £55

Free consultation included in all treatments



Our mission...

I started holistic healing as a form of stress therapy. I wanted to be able to help people from all different walks of life in their personal journey whether it be **stress** from their job and life, **illness** and **recovery**, **aches** and **pains**, **mental** and **emotional** strains or **bereavement**.

I aim to promote inner peace and wellbeing within clients through a professional and caring service.

Helen McCabe



**MOBILE HOLISTIC
THERAPIST**

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HEALING THERAPY

REIKI

A Japanese technique used for stress reduction and relaxation that also promotes healing. A simple and natural method of healing to provide inner peace for the mind, the physical body and the soul.

45minutes £25
60minutes £30

REFLEXOLOGY

The practice of applying pressure to the feet based on a system of zones and reflex areas on the feet that reflect an image of the body to enable healing.

30minutes £20
45minutes £30
60minutes £40

INDIAN HEAD MASSAGE

Indian head massage is a relaxing holistic treatment that uses acupressure massage on the head, face, neck and shoulders. It aims to rebalance your body's energies.

45minutes £30

Free consultation included in all treatments

RELAXING BODY TREATMENTS

AROMATHERAPY

A relaxing massage using essential oils for the body to restore balance. Inhaling essential oils through the nose promote beneficial changes in the mind and body whilst allowing essential oils to be absorbed through the skin.

45minutes £30
60minutes £40

SWEDISH MASSAGE

Relaxation is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. This is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation while easing tension.

45minutes £30
60minutes £40

HOT STONE

A specialty massage using smooth, heated stones by placing them on the body. The heat can be both deeply relaxing and help warm up tight muscles.

45minutes £35
60minutes £45

Free consultation included in all treatments

RELAXING FACIALS

EXPRESS FACIAL

This mini facial is ideal for those on the go. Your skin is cleansed, lightly exfoliated and gently massaged. A pore-refining mask is then applied, followed by a veil of light moisturiser.

30minutes £25

LUXURY FACIAL

Treat yourself to this hands-on luxurious facial. A deep cleanse, followed by an exfoliation will leave your skin rejuvenated. Your face will be massaged to promote circulation and leave you completely relaxed. A mask is then applied followed by a scalp or foot massage. This indulgent facial is customised to suit all skin types.

60minutes £45

GALVANIC FACE LIFT

A non invasive treatment used for the reduction of fine lines to promote a healthier glow. It is an anti aging treatment for those who want a fresher look aimed at tightening and firming the skin, softening lines and wrinkles resulting in a plumper, smoother look.

6 sessions £60

Free consultation included in all treatments

