

Facial Massage

A luxurious massage to help reduce the stress and strains of daily life, aids the removal of tired skin cells and toxins.

30 mins. £25.00

45 mins. (With Hot Stone Therapy-£30.00)

Indian Head Massage

Relaxes the head, neck, shoulders and face. Ideal for those who suffer tension headaches or migraines.

45 mins. £35.00

Back Massage

Includes back, neck, shoulders and upper arms, perfect for those who need a "Quick fix".

30 mins. £25.00

Full Body

"Pure Indulgence". Guaranteed to leave you feeling "Relaxed and Mellow". A perfect solution to rebalance body and mind.

60 mins. £40.00

90 mins. (With Hot Stone Therapy- £55.00)

Hawaiian Style Massage

This uses the therapists forearms, elbows and shoulders to provide a comfortably deep massage with long continuous strokes from head to toe.

60 mins. £40.00

90 mins. £50.00

Reflexology

Uses thumb pressure on reflex areas on the hands or feet to aid the body return to its natural balance.

45 mins. £35.00

75 mins. (With Hot Stone Therapy- £45.00)

Hopi Ear Candling

Using "Biosun" Original Recipe Hopi Candles, this treatment can help to relieve symptoms of headaches, sinusitis, snoring and assist removal of ear wax, without syringing.

45 mins. £35.00

Reiki Healing / Chakra Balancing / Crystal Reiki

All non-invasive ways to re-attune your bodies natural rhythms, release tension and increase energy levels. Can be used alone or combined with each other and other therapies.

45 mins. approx. £30.00

Please Note:

Due to the preparation process required for Hot Stone Therapy, it is not suitable for home visits.

Payment:

Cash or Cheque accompanied by a valid guarantee card.

Discounts available for clients purchasing a course of four or more treatments.

Gift Vouchers are also available.

Ask therapist for details.

To book an appointment

Phone: 07813 978 418

www.laurieclayton.com

Email: therapies@laurieclayton.co.uk

Therapies by Laurie Clayton

Complementary Therapist

I.T.E.C Dip Reflexology, Massage & Indian Head Massage.

Reiki Master Practitioner



*Information
and
Price List*

Introduction

Throughout the centuries, mankind has used natural remedies to aid the healing of many physical and psychological imbalances. Today, we call them "Complementary", "Holistic" or "Alternative" therapies.

It is thought that up to 75% of disease may be caused, either directly or indirectly, by stress. So, in theory, any method we can use to reduce our stress levels, may help to improve our general health.

In recent years we have witnessed an increase in the popularity of "Holistic" or "Complementary" therapies being used as a stand alone treatment or in conjunction with conventional treatments.

Some GP's may refer a patient for a particular therapy, as they now recognise the link between stress and stress related diseases.

i.e.: Insomnia, High Blood Pressure, Irritable Bowel Syndrome, Headaches and Migraine to name but a few.

Today, there are many non-invasive, natural therapies to choose from, that can help reduce our stress levels.

They can be used on their own or alongside conventional medicine with GP consent.

It is advisable to consult your GP if you are being investigated for any medical conditions, or if you think you may be pregnant, before making an appointment for any complementary therapy.

What To Expect

Which ever treatment you choose, you will need to have a Consultation prior to your treatment. This will normally take 10-15 minutes.

All information you provide is confidential.

You will only need to remove clothing if you have chosen a treatment requiring the use of oils, creams or powder.

It is advisable to wear warm, loose clothing to your appointments, for ease and comfort following your treatment.

You may wish to bring some bottled water to drink following your treatment to help flush out the bodies toxins.

It is advisable, but not always essential, to have an initial course of 4 treatments, this would ideally be carried out over a 4 week period, in order to obtain optimum results.

Following each treatment I will ask you to note down any "Contra-Actions", that you may notice during the following 72 hours.

Remember:

You don't need to be stressed to feel the benefit of receiving therapy.....

.....sometimes it's nice just to be pampered!

Contra-Actions

These are the bodies natural responses to treatments, and can include an increase in:

going to the toilet, thirst, hunger, tiredness, increased energy, aches & pains, sinus problems, heavy limbs and feeling "Spaced out" are a few of the more commonly reported ones.

However, we are individuals and as such, your reactions will be personal to you. Whatever your reactions may be, there is no need to worry, these symptoms usually only occur during the first 72 hours after treatment and are a sign that your treatment has been effective. Drinking plenty of water during this time will help to reduce these symptoms significantly.

Should you develop any of the above post treatment symptoms, please make a note of them and how long they lasted so that we can discuss them at either at your next treatment, or on the phone.

If you are unsure about anything, please contact me to discuss your concerns .