

The Healing Chambers

- **Reflexology**
45 mins
- **Holistic full body massage**
1 hour
- **Indian Head Massage**
30 mins
- **Reflexology & Colour Therapy**
45 mins
- **Reiki Healing**
45 mins
- **Neck, Shoulder & Back Massage**
30 mins

Please contact Ros

Tel: 07920 100 234

email: info@healingchambers.com

The Healing Chambers

REFLEXOLOGY

This is an ancient art practised throughout the centuries and found in ancient China, Egypt, India and native Northern America. After the initial confidential case history is taken, pressure is applied by the practitioner to reflex points on the feet, corresponding to organs and different parts of the body to help the body start its own self-healing mechanism. I have found that reflexology helps greatly to ease stress, neck and shoulder tension, headaches and migraines, digestive disorders, sinusitis and other respiratory problems, glandular and hormonal imbalances: the list is endless. You should experience the deep relaxing effect of reflexology in the first session, but the number of treatments will depend on your condition, its length and your response to the treatment.



The Healing Chambers



Reflexology



Holistic Body Massage



Indian Head Massage



Colour Therapy



Reiki



The Healing Chambers

We offer a range of therapies to revitalise, invigorate and restore your body's natural balance:

- ✎ Reflexology
- ✎ Holistic Body Massage
- ✎ Indian Head Massage
- ✎ Colour Therapy
- ✎ Reiki

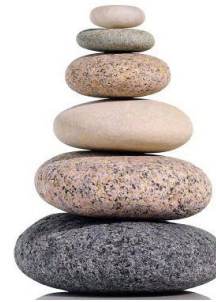
Who would benefit from these treatments?

We believe that anyone suffering the stresses of modern day life and who is interested in natural wellbeing will benefit from alternative therapies.



INDIAN HEAD MASSAGE

This is a massage during which you will be seated in a chair whilst pressure will be applied to your back, shoulders, neck, head and face following a sequence of specific pressure points. It will ensure that the muscles in these areas most affected by tension are gradually relaxed and you will feel rejuvenated, free of stress and refreshed at the end of the session.



COLOUR THERAPY

Once the case history has been taken down and conditions and disorders have been checked using a reflexology treatment, you can choose to have a colour therapy treatment. This consists of the application of beams of light of different shades to the reflex points found on the feet. I have found that this enhances the efficacy of the reflexology treatment and accelerates the self-healing process taking place.

REIKI

The Usui system of natural healing is a time-tested hands-on healing technique, which is becoming increasingly popular. To receive this healing you will remain fully dressed, whilst listening to relaxing music. This life force will flow through your body via the practitioner's application of her hands on various specific points of the body. This is one of the most effective and soothing methods of relaxation and often people will fall asleep during the treatment to wake up relaxed, calm and full of energy. This energy will help your body find balance and harmony in your daily life.



Please contact Ros

Tel: 07920 100 234

email: info@healingchambers.com