



Massage & Healing TREATMENT MENU

Jannie Hardwick

BSc Hons, Apnt, Itec, Suara Sound Healing Therapist, Psych-k Facilitator, Babtac

Relaxing/Therapeutic Massage

A massage that brings about complete relaxation and can melt away all your tension, cares and worries.

1 hour £40 / 1 hour 30 mins(full body) £60 / half hour £22

Aroma Massage

As for the 'Relaxing Massage' using pre-blended 100% essential oils, with a choice of eight blends.

1 hour £42 / 1 hour 30 mins(full body) £62 / half hour £23

Deep Tissue/Remedial Massage

Can relieve stress, back pain, sciatica, shoulder and neck tension, whiplash, tight muscles, loss of mobility etc. This is a massage with deep focus on the muscles and includes stretching to facilitate greater mobility.

1 hour £45 / 1 hour 30 mins £65 / half hour £25

Hot Stone Massage Therapy

The hot stones can be used simply for relaxation and stress relief or, hot and cold stones used together can be extremely beneficial for injury recovery, chronic conditions and deep seated tension. (Can also be used with the blended essential oils - an additional cost of £2)

1 hour £50 / 1 hour 30 mins £70

Thai Foot Massage

The lower legs and all parts of the feet and hands are included in this treatment, which involves massage, stretching, stimulating reflex points and following the Thai energy lines. It is said to stimulate the activity of internal organs and thus be hugely beneficial for optimal internal health.

1 Hour £40 / half hour £22

Indian Face Massage

Uses massage, acupressure and energy techniques. Helps to release tension and smooth out fine lines. Complexion, skin tone and puffiness can improve leaving you feeling uplifted, relaxed and balanced.

1 hour £40 / half hour £22

Access Consciousness "The Bars"

There are 32 points on your head which, when gently touched, effortlessly and easily release anything that doesn't allow you to receive? These points contain all thoughts, ideas, beliefs, emotions, and considerations you have stored in any lifetime. Each Bars session can release 5-10 thousand years of limitations in the area of your life that corresponds with the specific Bar being touched. The Bars has assisted thousands of people change many aspects of their body and their life including sleep, health and weight, money, relationships, anxiety & stress.

1 Hour £40

Suara Sound Healing

Using sacred solfeggio, cosmic, nature and egyptian forks, why not have your chakras balanced and experience the effects of these beautiful healing frequencies.

1 hour £40 / half hour £22

Metamorphic Technique

A very gentle technique carried out on the feet, hands and head. Can help free energy blockages and release old patterns, allowing us to feel at one with life. An extremely relaxing experience.

1 hour £38 / half hour £20

Reiki Healing

Promotes relaxation and healing on physical, mental, emotional and spiritual levels. The universal life force energy is channelled through the hands to the client.

1 hour £38 /half hour £20

Treatments to be carried out either in your holiday cottage/manor or in Woolley, Morwenstow. To book or make an enquiry please phone Jannie on 01288 331270

(Please note cancellations must be made at least 24 hours before the appointment otherwise the full price will be charged)