



Energy Therapies

Quorum Business Park – Pop up Shop

Thursday 27th April 2017 – 11am to 2pm



Reflexology

Reflexology is a natural healing art based on the principles that the feet are a map for the whole body and aims to restore balance and a feeling of well being.



Indian Head Massage

IHM is an extremely relaxing therapy and works on the upper back, shoulders, arms, neck, scalp, face and ears.



Swedish Massage

Swedish massage is probably the most widely practised massage in the western world. It is a treatment and practise of soft tissue manipulation with physical, functional and in some cases psychological purposes and goals.



Reiki

Reiki is a Japanese technique of relaxation, REI meaning universal life and KI meaning energy, forming Universal Life Energy. Using their hands, Reiki practitioners use this energy to help balance clients' energy.

30 minute appointments

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www.energytherapies.co.uk