

## Your treatment

Balance Holistics offers holistic therapy in Bristol and the surrounding areas. Treatments on offer include Reflexology, Aromatherapy Massage, Thai Foot Massage, Holistic Facials, Pregnancy Massage, Swedish Massage, Indian Head Massage, Hot Stone Massage, Reiki, and Hopi Ear Candling (Thermo-Auricular Therapy©).

Before your treatment, a detailed consultation will take place. This will give me an insight into any areas that may need particular attention, and is a chance for you to ask any questions. All information is kept strictly confidential.

I accept cash and cheques with a valid cheque guarantee card. I only have the facility to accept credit or debit cards at The Chiron Centre.

Clients are advised that in booking an appointment they are reserving my time exclusively for their treatment. I require **at least 24 hours' notice for cancellation** of any appointment to avoid incurring any charges. Charges are made at my discretion.

Treatments are available at The Healing Rooms and The Chiron Centre. I also offer home visits to female clients. Please ensure that you have a space that is clear, tidy and of an adequate size so that I can set up my equipment when I get to your house.

I also offer a range of special offers, Pamper Parties for every occasion, and gift vouchers to make someone's day with the gift of relaxation.

Balance Holistics offers appointments at the following Complementary Therapy Centres in Bristol:

The Healing Rooms  
162 Gloucester Road  
Bishopston  
Bristol BS7 8NT

The Chiron Centre  
130 Westbury Road  
Westbury-on-Trym  
Bristol BS9 3AL

Appointments are also available in the comfort of your own home. Please note there is an additional £5 charge for home visits.

For further information or to book a treatment, please contact Sarah on 07851 307 062 or email [enquiries@balanceholistics.co.uk](mailto:enquiries@balanceholistics.co.uk)

[www.balanceholistics.co.uk](http://www.balanceholistics.co.uk)

Price List March 2010



**Holistic Therapies**  
with Sarah Mortimer MICHT IIIHT



Your healing journey starts here...

[enquiries@balanceholistics.co.uk](mailto:enquiries@balanceholistics.co.uk)

[www.balanceholistics.co.uk](http://www.balanceholistics.co.uk)

07851 307 062

# BALANCE HOLISTICS

Holistic therapies promote healing and well-being in the body, mind and spirit, concentrating on the cause of illness as well as the symptoms. Time and again, my clients come back for treatments – for the relaxation, the release and the sensation of nurturing and balancing.

So many of us lead busy lives and forget to really connect with our bodies. We eat on the run, go to bed late and work too hard. Often, our bodies and emotions bear the brunt of our lifestyles, and if we stop for a moment and listen to ourselves, we find that we feel emotional, tired and ill. The good news is, taking just a little time out for alternative therapies on a regular basis can work wonders for our health and well-being. The proven benefits of holistic therapy make it a valuable addition to traditional healthcare, and a wonderful way to let go of pain, illness and discomfort that hinder our daily lives.

Having a holistic treatment is all about feeling comfortable and relaxed, which is why I offer complete flexibility to my clients. Treat yourself to one of these delightful treatments in the comfort of your own home or at The Healing Rooms – the choice is yours. And book an appointment for a morning, afternoon, evening or weekend – whenever best suits your lifestyle.

## Swedish Massage

A deep pressure massage that aids relaxation, relieves tension in the muscles, and promotes well-being. Sweet almond or grape seed oil is used to help rehydrate, moisturise, and improve the texture and colour of the skin.

## Indian Head Massage

A de-stressing massage of the back, arms, shoulders, neck, head and face either over clothes or directly on the skin helping to relieve muscle tension, reduce stress and improve joint mobility. Oils can be used to condition the hair, scalp and skin.

## Reflexology

A treatment in which pressure is applied to certain parts of the feet in order to promote relaxation and healing elsewhere in the body. The feet are like a map of the body - by massaging them, the whole body is being treated, releasing tension and improving circulation, thus bringing about the body's own natural balance.

## Pregnancy Massage

Massage at this special time can be very beneficial to mother and baby. Aromatherapy Massage is a great way to combine the natural healing properties of essential oils with relaxing massage, to heal and relax your body during your pregnancy.

## Feet First—Holistic Foot care treatment

Feet First is a luxurious, holistic foot care treatment designed to refresh and rejuvenate your feet. It includes a foot soak, scrub, and mask, finishing with a relaxing foot and lower leg massage.

## Holistic Facials

The shoulders, neck and face are cleansed and toned, followed by a natural clay mask to help restore the skin's correct moisture balance. The facial is complemented perfectly with a relaxing aromatherapy face and neck massage.

## Thai Foot Massage

An invigorating massage of the lower legs and feet. A specifically designed wooden stick is used to stimulate the reflex points on the feet which correspond to the internal organs of the body. A luxurious massage cream is used to warm and relax the muscles, and to soften and moisturise the skin.

## Aromatherapy Massage

Combines the natural healing properties of essential oils with relaxing massage, to heal and relax your body. Excellent for stress and tension, menstrual problems, muscular spasms and pain, and much more.

## Hopi Ear Candling

The ear candling is complemented by a relaxing face and neck massage incorporating lymphatic drainage and acupuncture techniques. Excellent for reducing wax build up, sinus problems, colds/flu, hayfever, balance related problems, migraines and much more.

## Hot Stone Massage

A deep healing massage using heated volcanic stones to massage the body. Stones are placed on vital energy points and areas of tension to bring about balance in the body.

## Reiki

A relaxing, hands-on healing method which 'opens' up the body's energy channels and helps to clear any blockages that may be affecting the flow of Ki (or energy). Excellent for reducing stress and anxiety, physical ailments, emotional problems, increases energy levels, and accelerates the body's self-healing abilities.

## Mix 'n' Match

New to holistic therapies and not sure which to choose? Perhaps you're an old hat at alternative therapies, but want the best of both worlds. Why not combine two different therapy treatments into a one-hour treatment? Choose two 30-minute therapy treatments for £35.

		Healing Rooms	Chiron Centre
Swedish Massage	- Back	£25	£27
	- Full body	£35	£37
Indian Head Massage	- 30 minutes	£20	N/A
	- 1 hour	£30	£35
Reflexology	- 30 minutes	£25	N/A
	- 1 hour	£35	£37
Aromatherapy Massage	- Back, face & scalp	£30	£32
	- Full body	£40	£40
	- Full body inc. face & scalp	£45	£47
Pregnancy Massage	Prices as per Aromatherapy massage		
Feet First		£35	£35
Holistic Facial		£35	£35
Thai Foot Massage		£35	£35
Hopi Ear Candling		£30	£35
Hot Stone Massage	- Back, face & scalp	£35	N/A
	- Full body	£45	N/A
Reiki	- Full body inc. face & scalp	£50	N/A
	- 30 minutes	£20	N/A
Mix 'n' Match	- 1 hour	£30	£35
	- 1 hour	£35	£35
Pamper Parties		£25 per person	