

Your treatment

Balance Holistics offers holistic therapy in Bristol and the surrounding areas. Treatments on offer include Reflexology, Aromatherapy 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.

All treatments are available at The Healing Rooms and The Chiron Centre. I also offer home visits. 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

www.balanceholistics.co.uk

Price List March 2010



Aromatherapy Massage in Pregnancy with Sarah Mortimer MICHT IIIHT



Help for your pregnancy aches...

enquiries@balanceholistics.co.uk

www.balanceholistics.co.uk

07851 307 062

BALANCE HOLISTICS

Massage at this special time can be very beneficial to both mother and baby. It can help:

- Improve circulation and lymphatic drainage
- Induce a state of deep relaxation
- Reinforce a positive body image
- Calm the baby
- Improve digestive disorders
- Improve your overall pre-natal health
- Improve skin condition
- Relieve muscular spasms and pain
- Reduce inflammation
- Reduce stress, tension and anxiety levels
- Relax the mind and body
- Strengthen the body's immune system

Aromatherapy Massage is a great way to combine the natural healing properties of essential oils with relaxing massage, to heal and relax your body.

Aromatherapy Massage is a holistic massage treatment involving the use of essential oils extracted from plants to improve physical and emotional wellbeing. Essential oils and aromatic plants have been used for healing purposes over thousands of years by all the great civilizations of the world.

The aromatherapy massage is tailored to your specific needs and your changing body, whether you are at 8 weeks or 38 weeks.

It can do wonders to help comfort and relax you during your pregnancy. It can help with many of the common ailments experienced during pregnancy including:

- Indigestion
- Digestive problems
- Stretch marks
- Fluid retention
- Aches & pains
- Anxiety & stress
- Insomnia

During the massage, you will lie in a semi-reclined position on the massage couch ensuring you and your baby are comfortable at all times. There will be plenty of pillows available if required to support your knees, back, and bump. You have the option of receiving the back massage in a side-lying position or seated, leaning over the couch—whichever feels most comfortable for you.

In addition to normal massage training, I have undergone specialist training in essential oils and massage for pregnancy and childbirth.

		Healing Rooms	Chiron Centre
Aromatherapy Massage	Back & Bump	£30	£32
	Full body	£40	£40

Would you like a lotion to help prevent stretch marks, or to reduce the appearance of ones you already have?

Or would you like a cream which you can apply in the lead up to the birth to help reduce the risk of tearing during labour?

Or maybe you would like a massage oil for your birthing partner to massage you with during labour to help you relax.

Balance Holistics has some lovely tailor made Aromatherapy products available for you to use during your pregnancy and labour. These products are created especially for you taking in to account your skin type, psychological / emotional state, general health and any specific ailments / conditions you may be suffering with.

Other treatments available include Reflexology, Indian Head Massage, Swedish Massage, Reiki, and Hopi Ear Candling.