

TREATMENT List

Jannie Hardwick Massage & Healing Therapist
APNT ITEC BABTAC

Deep Tissue/Remedial Massage

Can relieve stress, back pain, sciatica, shoulder and neck tension, whiplash, tight muscles, loss of mobility etc.

1 hour £38

1 hour 30 minutes £52

Relaxing/Therapeutic Massage

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

1 hour £35

1 hour 30 minutes (full body) £48

Aroma Massage

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

1 hour £36

1 hour 30 minutes (full body) £49

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 with an additional cost of £2)

1 hour £45

1 hour 30 minutes £60

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 £35

Thai Foot Massage

Both the lower legs and feet are included and the massage involves hands on stretching, massage, stimulating reflex points and following the Thai energy lines (Sen). It has elements of Shiatsu, Reflexology, Chinese massage and Yoga incorporated and is said to stimulate the activity of internal organs and thus be hugely beneficial for optimal internal health.

1 hour £35

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 10 minutes £35

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 £35

Treatments to be carried out either in your holiday cottage/manor or in Woolley, Morwenstow. For any of the above treatments please ring Jannie on 01288 331270

Any cancellations must be made at least 24 hours before the appointment otherwise the full price will have to be charged.