

AT

Violet Hill Studios
6 Violet Hill
St John's Wood
London NW8 9EB

PRICE LIST

MANUAL LYMPH DRAINAGE	1 hour - £60 1 ½ hours - £85
AROMATHERAPY	1 hour - £60
REFLEXOLOGY	1 hour - £55
INDIAN HEAD MASSAGE	45 minutes - £45
PREGNANCY MASSAGE	1 hour - £60
MATERNITY REFLEXOLOGY	1 hour - £55
FACIAL REJUVENATION (MASSAGE)	1 hour - £55
THERMO-AURICULAR THERAPY	1 hour - £55
AYURVEDIC KANSA VATKI FOOT MASSAGE	1 hour - £55
COMBINATION TREATMENTS – Any mix of the above therapies	1 ½ hours - £85

with

RIMA SHAH

Tel: 07947 359 838

Email: info@calmandclear.co.uk

Web: www.calmandclear.co.uk





MANUAL LYMPH DRAINAGE

Manual Lymph Drainage (MLD) is a very gentle form of massage aimed at moving the lymph under the skin, it aids the formation and transport of lymph around the body. Great for water retention, detox, sprains/strains, weight loss, sinus congestion, dental issues, hormone balance/fertility, pregnancy, pre and post surgery (medical or cosmetic) & general fluid balance.

AROMATHERAPY

An Aromatherapy treatment with Rima includes a full consultation followed by a luxurious massage with a bespoke blend of organic essential oils & base oils. The result should restore balance to mind and body.

PREGNANCY AROMATHERAPY

Treatments are adapted especially for all stages of pregnancy, where only the best selected organic oils are used.

REFLEXOLOGY

Reflexology can help to relax tension & improve nerve & blood supply to restore balance back to the body.

This treatment works with the principle that there are reflexes in the feet relevant to each and every part of the human body. Through working the feet the energy blocks are highlighted during the treatment by Rima, which can then be cleared to leave the mind & body feeling more relaxed and refreshed. It is a gentle but powerful way to harmonise the body.

MATERNITY REFLEXOLOGY

Reflexology is ideal for fertility & conception and during pregnancy for a happy, healthy pregnancy and birth.

INDIAN HEAD MASSAGE

Indian Champissage™ Head Massage is a simple, safe and highly beneficial therapy, which is great for everyone. It is a convenient therapeutic treatment, performed seated without the need to get undressed. It includes the scalp, face, neck & shoulders. It soothes, comforts & rebalances the flow of energy to produce a feeling of deep peace & tranquillity but also leaves you energised.

FACIAL REJUVENATION

This works by freeing constrictions both within the facial muscles and in the connective tissue. It is a natural facelift done through massage and is designed to be a gentle non-invasive approach to looking younger. Through gentle massage of the face, Rima can help to delay the ageing process. This is achieved by using simple massage techniques and energy balancing, thereby giving the facial muscles a lift and a new lease of life. In addition to the physical results, the treatment works to deeply relax both the mind and body. The face feels more mobile and the mind feels clear and alert.

HOLISTIC FACIAL

Holistic facials are a sumptuous way to treat your skin to a workout, whilst soothing and relaxing your mind. The treatment will leave your skin and mind feeling refreshed and revitalised. Rima uses only the best organic and natural skincare products combined with face mapping to tailor each facial for your own needs. Any solutions for the problem areas will be discussed with you at the end of the session.

THERMO-AURICULAR THERAPY

Thermo-Auricular® Therapy is the professional use of Ear Candles, which are used to aid relaxation, relief of ear, nose & throat conditions and associated problems. At Calm and Clear we only use BiØsun® candles. The candles work on a chimney principle and a gentle vibration of air, which gently draws out impurities and stimulates the circulation of blood and lymph. It can be of great benefit to anyone suffering from sinus congestion, blocked ears, irritation in the ears, headaches/migraines, tinnitus, ear wax build up etc. The treatments also include a lymphatic drainage face massage to help move the blockages and to aid relaxation.

KANSA VATKI FOOT MASSAGE

This is a massage which focuses on the lower legs and feet using a special bowl made of 3 metals. The massage is based on Ayurvedic and Marma principles and leaves the legs and feet revived and leaves the mind deeply relaxed.

COMBINATION TREATMENTS

Choose a combination of 2 of the above therapies for a sumptuous 1 ½ hour treatment. E.g. Facial Rejuvenation plus Holistic Facial for the ultimate face treatment, Reflexology and Thermo-Auricular therapy to aid sinus congestion, Indian Head Massage and Thermo-Auricular Therapy for headaches.