

PRICE LIST

FERTILITY REFLEXOLOGY (REPROREFLEXOLOGY)	1 hour - £ 75 1 ½ hour - £ 105
REFLEXOLOGY	1 hour - £ 75 1 ½ hours - £ 105
REFLEXOLOGY LYMPH DRAINAGE	1 hour - £ 75
FERTILITY MASSAGE (ABDOMEN-SACRUM)	1 hour - £ 75 1 ½ hours - £ 105 (new clients)
PREGNANCY REFLEXOLOGY	1 hour - £ 75 1 ½ hours - £ 105
PREGNANCY MASSAGE (& Ayurvedic massage)	1 hour - £ 75 1 ½ hours - £ 105
INDIAN HEAD MASSAGE	45 minutes - £65
FACIAL REJUVENATION (MASSAGE)	1 hour - £ 75 1 ½ hours - £ 105
MANUAL LYMPH DRAINAGE – FACE	1 hour - £ 75 1 ½ hours - £ 105
EAR CANDLING	1 hour - £ 75 1 ½ hours - £ 105
COMBINATION TREATMENTS – Any mix of the above therapies	1 ½ hours - £ 105 2 hours - £ 135

with

RIMA SHAH

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MANUAL LYMPH DRAINAGE & REFLEXOLOGY LYMPH DRAINAGE

Manual Lymph Drainage (MLD) & RLD 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.

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 & restore balance back to the body. It is a gentle but powerful way to harmonise the body and is deeply relaxing.

MATERNITY & FERTILITY REFLEXOLOGY

Reflexology is ideal for helping with 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.

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.

COMBINATION TREATMENTS

Choose a combination of 2 of the above therapies for a sumptuous 1 ½ or 2 hours 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.