

# SIGNATURE TREATMENTS



Offering you the very best 'me time' money can buy, these combinations of treatments offer you a truly holistic experience.

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## Soul Survivor (120 mins) £110

Designed by Caroline this 2 hour treatment combines Aromatherapy, Swedish and Balinese massage techniques to invigorate your body, hot stones to soothe your senses and Reiki energy to calm your mind, body and spirit.

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## Opulence (180 mins) £120

Full Body Hot Stone Massage, Reiki healing and a Luxury Facial.

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## Serenity (180 mins) £120

Full Body Warm Bamboo Massage, Reiki healing and a Luxury Facial.

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## Tranquillity (120 mins) £85

Full Body Aromatherapy Massage and Reiki healing.

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## Peace (90 mins) £70

Reflexology and Reiki healing.

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## Half & Half (60 mins) £40

Two treatments for the price of one, 30 minutes of massage followed by 30 minutes of Reiki healing energy.



To book appointments with Caroline:

Call: 07847 255 537

Email: [caroline@ritualtherapies.co.uk](mailto:caroline@ritualtherapies.co.uk)

or book online at:

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

# RITUAL THERAPIES

*Caroline Swain*

Qualified practitioner

# TREATMENT LIST

As a qualified therapist specialising in massage, facial and alternative therapies, Caroline provides a personal, expert service. Relaxing, holistic and completely luxurious.

For appointments, call: 07847 255 537  
or email: [caroline@ritualtherapies.co.uk](mailto:caroline@ritualtherapies.co.uk)

## Aromatherapy

Aromatherapy is the art of blending essential oils from plants to bring about healing on all levels. It can be used to help treat stress, migraines, muscular aches and pains to name a few. The massage involved is a very gentle, smooth flowing massage to allow your skin to warm and absorb the beneficial properties of the essential oils.

Full Body Massage	(75 mins)	£55
Back Massage	(30 mins)	£35

## Hot Stone Massage

Similar to Aromatherapy massage with subtle techniques, but using hot basalt stones to melt away stress and tension this treatment is very beneficial for tired muscles and pain relief. This treatment is wonderfully relaxing and can also be used in conjunction with aromatherapy essential oils to aid absorption of the oils and increase the effects.

Full Body Massage	(75 mins)	£60
Back Massage	(40 mins)	£35

## Swedish/Deep Tissue Massage

An invigorating massage, used to relieve muscle tension, particularly good for pain relief from tight and tense muscles. Can also be used in conjunction with the Cupping treatment to work deeper into the muscle tissue.

Full Body Massage	(60 - 75 mins)	£40 - £50
Back Massage	(30 mins)	£25

## Warm Bamboo Massage

Using warm bamboo sticks to work into the muscles, this is a pain relieving yet deeply spiritual treatment. The flexibility of the bamboo effectively releases stress and tension and the warmth soothes your spirit.

Full Body Massage	(75 mins)	£60
Back Massage	(30 mins)	£35

## Indonesian/Balinese Massage

Using deep compression massage techniques, intuition and Reiki energy to clear meridians in the body this is a truly holistic experience, very invigorating and rejuvenating.

Full Body Massage	(75 mins)	£55
Back Massage	(30 mins)	£30

## Lava Shell Massage

Using self-heating Lava shells to infuse heat deep into the muscles, this treatment melts away stresses and strains of everyday life.

Back Massage	(30 mins)	£35
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## Cupping

A traditional Chinese medicine technique where cups are applied to the skin to create a vacuum effect, it helps separate muscle tissue to improve blood flow to aid healing.

Full Body Treatment	(60 mins)	£50
Back Treatment	(30 mins)	£25
Add on to another treatment		£5

## Reflexology

Reflexology is based on the principle that certain 'reflex' points located on your feet correspond to areas of your body. The massage is similar to acupuncture, gently stimulating these points to bring balance and harmony to mind, body and spirit.

Full Treatment	(45 mins)	£35
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## Reiki

This treatment involves laying on of hands and 'channelling' Reiki healing energy into the receiver. Reiki can bring about self healing on many levels including mental, physical and spiritual, it is extremely comforting and very beneficial at times of stress, particularly useful for mental and emotional stress, insomnia and panic attacks.

Full Treatment	(45 - 60 mins)	£40
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# FACIALS

<b>Express Facial</b>	(30 mins)	<b>£25</b>
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Comprises, double cleanse, tone, massage and moisturise.

<b>Luxury Facial</b>	(45 mins)	<b>£35</b>
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Comprises, double cleanse, tone, scrub, steam, mask, massage and moisturise.

<b>'Hot' Luxury Facial</b>	(60 mins)	<b>£45</b>
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As Luxury facial, but with the added benefit of hot stones.

<b>Cold Stone Facial</b>	(60 mins)	<b>£45</b>
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As Luxury facial, but with the invigorating and toning effects from cold marble stone massage.