

SIGNATURE TREATMENTS



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

Half & Half (60mins) **£50**

Two treatments in one: 30 minutes of massage followed by 30 minutes of Reiki healing energy.

Peace (90mins) **£80**

Reflexology and Reiki Healing

Serenity (120mins) **£100**

Full Body Aromatherapy Massage and Reiki Healing

Opulence (2hrs 45mins) **£155**

Full Body Therma-Bliss Hot Stone Massage, followed by a full Reiki session, complemented with a Divine Facial

Call: 07847 255 537
www.RitualTherapies.co.uk



RITUAL THERAPIES

To book appointments with Caroline
Call: 07847 255 537
Email: Caroline@RitualTherapies.co.uk
or book online at:
www.RitualTherapies.co.uk
Birmingham Holistic Centre
180 Lifford Lane
Kings Norton
Birmingham
B30 3NU

Mondays 10am - 8pm



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

Swedish / Deep Tissue Body Massage

An invigorating massage, used to relieve muscle tension, particularly good for pain relief from tight and tense muscles. It can also be combined with cupping to work deeper into the muscle tissue.

Back Massage	(30mins)	£35
	(45mins)	£40
	(60mins)	£50
Full Body Massage	(75mins)	£60
	(90mins)	£70
Cupping	(add-on)	£5

Reflexology

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

Full Treatment	(45mins)	£40
Optional - Foot scrub and massage	(20mins)	£10

Therma-Bliss Hot Stones

Using Self-Heating smooth 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 their effects.

Full Body Massage	(75mins)	£70
Back Massage	(40mins)	£45

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	(75mins)	£65
Back Massage	(40mins)	£40

Aromatherapy Massage

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	(75mins)	£65
Back Massage	(40mins)	£40

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	(45-60mins)	£50
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Facials

Express Facial (30mins) **£30**
Comprises double cleanse, tone, exfoliation, massage and moisturise.

Divine Luxury Facial (60mins) **£50**
Comprises double cleanse, tone, exfoliation, steam, self-heating "Divine" face mask, massage and moisturise.

Soul-Centred Readings – 30 mins

A gentle, focused reading to bring clarity and insight. Perfect for quick guidance, a single question, or when you need a little cosmic clarity. Available in-person or online.

(30mins) **£30**

The Cabin Dream

Help Build the Cabin

I'm creating a sacred space—a cosy healing hut for treatments, readings, and creativity.

It's still in the dreaming phase, but every offering of support brings it closer to reality.

Want to help?

Scan the code to donate, share, or follow the journey!

Every contribution is received with deep gratitude and grace.

Caroline x

