

## Essential Relaxation

If you would like something a little different, then Treatment Packages are available:

Reflexology and Indian Head Massage  
£38.00

Reflexology and Back Massage  
£35.00

Back Massage and Leg Massage  
£21.50

If you would like a different combination please just ask.

Gift Vouchers are available,  
they make ideal presents for friends or family.

Discounts for multiple bookings are also available.



Please contact Julia Berrill  
for a confidential, reliable and relaxing  
Holistic treatment.

I am available at  
The Abbey House  
Complementary Therapy Clinic,  
69 St. Leonards Road,  
Northampton.

*(Free on road parking available)*

Please call on the numbers below for  
an informal chat and appointment.

**Telephone: 01604 765 069**

**Mobile: 07783 699 141**

You can also contact me by email  
[Julia.berrill@tesco.net](mailto:Julia.berrill@tesco.net)

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

C&G Qualified and member of  
The International Council of Holistic Therapists.  
[www.fht.org.uk](http://www.fht.org.uk)

Primary Business Address  
69 St. Leonards Road  
Northampton  
NN4 8DL

## Essential Relaxation

### *Holistic Therapy*

By  
*Julia Berrill (MICHT)*

*At The Abbey House  
Complementary Therapy Clinic*

*Reflexology  
Indian Head Massage  
Swedish Massage  
Aromatherapy Massage  
Hopi Ear candles*

*I offer a confidential and professional service*

# Treatments Available By Essential Relaxation

## Reflexology:

A non-invasive therapy performed on the feet and using gentle pressure. It is based on the principle that there are reflex zones in the feet which are linked by energy pathways to corresponding parts of the body and when pressure is applied it stimulates the movement of energy along these pathways, which may prevent the body functioning effectively if blocked. A deeply relaxing and effective treatment

## Indian Head Massage:

Includes massage of parts of the body vulnerable to stress such as the shoulders, upper arms, neck and head. By treating these parts of the body collectively, they represent a de-stressing program for the whole body. Essential oils can also be used with this treatment, an additional £1.50 will be charged.

## Swedish Body Massage:

Involves manipulation of the soft tissue, increasing circulation, encouraging lymph drainage, combating aches and pains, toning muscles and relaxation.

## *Price List*

### Reflexology **£25.00**

Treatment lasts for approx 45 minutes.

### Indian Head Massage **£20.00**

Treatment is approx 45 Minutes

### Aromatherapy Full Body Massage **£34.00**

Treatment is approx 1 hour and 30 minutes.

### Aromatherapy Back Massage **£22.00**

Treatment is approx 40 minutes.

### Swedish Full Body Massage **£27.00**

Treatment is approx 1 hour and 15 Minutes.

### Swedish Back Massage **£18.00**

This treatment is approx 40 minutes.

### Hopi Ear Candles **£15.00**

This treatment is 30 minutes

With all treatments a full consultation will be given on the first visit, lasting approximately 15 minutes.

A doctors note maybe necessary for some clients.

## Aromatherapy Massage:

Aromatherapy involves the use of essential oils extracted from plants to improve physical and emotional well being. It helps to promote health by stimulating the body to heal itself and by reducing stress.

Massage is the most effective way of applying oils to the body and increases the healing potential of aromatherapy.

## Thermal Auricular Therapy (Hopi Ear Candles)

The ear candle acts as a chimney and the natural movement of the flame creates a vibration of moving air rising up through the candle, which serves to gently massage the ear drum. This creates a swirling warm current of air and a slight warm vacuum, which helps to dry up any moisture within the ear.

The heat generated from the candle may help to improve blood circulation. It may also help with sinus congestion, excess ear wax, colds/flu, earache, snoring. A lymphatic facial massage is included with the treatment.