



TIDE TREATMENT MENU

Welcome to Tide Therapies: Holistic therapies to nurture the mind body and soul! Nestled in the heart of Broadstairs on the picturesque Kent coast, our tranquil haven provides a serene escape to relax and unwind in. We aim to support your well-being on every level, offering a 360° approach to wellness, providing a range of targeted treatments and therapies that are both results driven and deeply nurturing. Whether seeking relaxation, healing, or spiritual growth, let us be your partner on this journey to well-being.



"Our team is comprised of highly qualified and experienced practitioners dedicated to your well-being. They are committed to providing personalised care and guiding you towards your wellness goals. Opening TIDE Therapies is a lifelong dream and I can't wait to welcome you!"

-Georgia Brown, Founder

TIDE TREATMENT MENU

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FACIAL TREATMENTS

TIDE SIGNATURE FACIALS

Discover the perfect synergy of Dr.Hauschka all-natural skincare and the latest technologies with our biome-friendly, results-driven facial treatments. Our facial treatments are designed to address your specific skincare concerns, whether it be rejuvenation, hydration, or clarifying troubled skin. Our advanced techniques, including LED light therapy, micro current and high frequency, work in harmony with your skin's biome to deliver outstanding results.

TIDE Deluxe 90 Minute Facial

This luxurious treatment is the ultimate in facial experiences. The extended time allows a variety of skin care concerns to be addressed by your expert facialist. It is designed to rejuvenate, and revitalise your skin, providing you with an immersive journey of relaxation and radiance.

90minutes | £110

TIDE Signature 60 Minute Facial

This popular facial is designed to provide a personalised journey tailored to your unique skin needs, delivering a harmonious blend of relaxation and rejuvenation with visible results.

60minutes | £75

TIDE Express 30 Minute Facial

In a world where time is precious, we understand the need for a quick yet effective skincare solution. Our Express Facial is designed to offer you a rapid and revitalising escape, a perfect pick-me-up for busy individuals seeking instant renewal and a radiant glow.

30minutes | £40



Partnered with
Dr. Hauschka



FACIAL TREATMENTS

FACIALS CONTINUED....

Dr.Hauschka Classic Facial Treatment

The Classic Facial Treatment is unique. This method, developed by Elisabeth Sigmund, co-founder of Dr.Hauschka skin care, respects natural rhythms and supports the skin's functions. Soft brush strokes, pampering masks, fragrant compresses and intensive skincare. Relaxing, purifying and infinitely beneficial. Trust in the knowledge of Dr. Hauschka Skin Care and enjoy a sense of lightness and inner balance.

120minutes | £150

Buccal Sculpting Facial

A deeply restorative facial combining bespoke skincare with the powerful benefits of buccal massage - an advanced technique that works both inside and outside the cheeks to release facial tension, sculpt the contours, and promote a natural lifting effect.

This treatment helps reduce puffiness, improve circulation and lymphatic drainage, ease jaw tightness, and leave your skin visibly radiant, refreshed, and rejuvenated. Perfect for those seeking a natural facial lift while enjoying deep relaxation and tension release.

60minutes | £75



Partnered with
Dr. Hauschka



BODY TREATMENTS

MASSAGE

TIDE Signature Massage

On Occasion, the modern world can leave us fatigued, tense and dysregulated. Nurturing yourself with a regular massage is proven to ease held tension in the body, reduce stiffness and pain, reduce inflammation and regulate your nervous system. Our Tide Signature Massage uses a variety of massage techniques to melt tension and restore energy flow leaving you with a renewed sense of well-being that lingers long after the session ends.

60minutes | £75 | 90minutes | £110

TIDE Deep Tissue Massage

A deeply restorative full-body treatment allowing extra time to work thoroughly on chronic tension, muscular aches and stress-related tightness. Using slow, targeted deep tissue techniques, this extended session promotes relaxation, improved mobility and a profound sense of physical and mental wellbeing.

60minutes | £85 | 90minutes | £150

Back, Neck & Shoulder Massage

Our upper back and neck carry the strain of day to day living, leading to tightness and discomfort. Our targeted Back, Neck and Shoulder massage can help to ease muscular pain, improve mobility and reduce tension headaches, providing much-needed relief and relaxation.

30minutes | £40

TIDE Thermal Massage

If you are looking to release chronic tension from the body then this is the treatment for you! Our therapists expertly blend massage techniques with the therapeutic heat of hot stones and warm bamboo to blissfully melt away tension from the body. This treatment is highly effective and leaves your body feeling relaxed and free.

90minutes | £120

Pregnancy Massage

Our pregnancy massage has been designed to support you during this unique and treasured time. It offers a wide range of benefits such as easing muscular tension, improving circulation and soothing the skin but most importantly is gives you the opportunity to take time for yourself to relax and recharge. Available from 12 weeks onwards.

60minutes | £75

BODY TREATMENTS

MASSAGE CONTINUED....

Lymphatic Drainage Massage

A gentle yet powerful treatment designed to reduce fluid retention, support detoxification, and boost circulation. Using light, rhythmical movements, this treatment encourages the natural flow of lymphatic fluid, helping to remove toxins, reduce puffiness and bloating, and boost your immune system

Sadly this treatment is not suitable for those diagnosed with lymphoedema and major heart & kidney conditions.

60minutes | £75 | 90minutes | £110

Lomi Lomi Massage

Originating from the Polynesian islands, Lomi Lomi is a unique and sacred form of massage that draws inspiration from the rhythmic movements of the ocean waves and the fluidity of nature. As you surrender to the expert hands of our skilled therapists, feel the soothing warmth of tropical oils applied with long, continuous strokes that emulate the ebb and flow of ocean currents. This deeply therapeutic massage not only targets physical tension but also invites a profound sense of relaxation and balance.

90minutes | £110 (Hot Stones +£5)

BODY TREATMENTS

WRAPS, SCRUBS & CUPPING

Detox Body Wrap

Our Detox Body Wrap begins with a full body exfoliation to smooth and brighten the skin. A blend of therapeutic, mineral rich muds is applied to your body, which are chosen for their detoxifying and skin-renewing properties. Next, you'll be gently cocooned within our infrared sauna blanket, promoting the body's natural detoxification and healing processes. Whilst the herbal infusion envelops you, a relaxing scalp massage will help you drift off to a state of calm and serenity. After a refreshing shower, the treatment is concluded with a relaxing full body massage to ease muscular tension, eliminate toxins and restore harmony in the body.

120minutes | £160

Invigorating Body Scrub

Our Invigorating Body Scrub leaves your skin looking and feeling luminous, smooth and hydrated. This treatment is the perfect preparation before a holiday or an effective way to treat your skin during the shift in seasons or as part of a detox program.

60minutes | £75

Cupping

Cupping is an effective add on to any body treatment or it can be booked to work on a specific area. It is a therapeutic technique that involves placing cups on the skin to create suction which helps to improve the circulation, increasing the flow of blood and nutrients. It is very effective at relieving chronic tension and reducing inflammation. It's important to note that the treatment may cause temporary marks or bruising on the skin, known as "cupping marks". These marks are not painful and typically fade within a few days.

30minutes | £50

Body Sculpting Maderotherapy

A dynamic body contouring treatment that combines expert massage techniques with specially designed wooden tools to stimulate circulation, encourage lymphatic drainage, and help sculpt and define the body's natural contours.

This invigorating treatment helps reduce fluid retention, improve the appearance of cellulite, release muscle tension, and leave you feeling lighter, smoother, and revitalised. Perfect as a standalone treatment or as part of a body sculpting programme to support your wellness and body confidence.

60minutes | £75 | 90minutes | £110 |

MIND

CLINICAL HYPNOTHERAPY

In a society often characterised by constant demands, stressors, and societal expectations, talking therapies provide a supportive environment where individuals can navigate their mental and emotional well-being. Using a variety of science backed and people led techniques our empathetic therapists can help you navigate life's ups and downs, giving you the tools to feel supported, nurtured and empowered.

Clinical HypnoCBT

HypnoCBT helps you take ownership of your own thoughts and behaviours, putting you in control of the changes you want to make in your life. Hypnotherapy is the therapy of 'imaginative suggestion', or words that are used to stimulate the conscious imagination profoundly enough to bring about genuine therapeutic change. HypnoCBT is a combination of Cognitive Behavioural Therapy and Evidence-Based Clinical Hypnotherapy. It is proven to have higher success rates and longer-lasting results than either can deliver in isolation.

50minutes | £80 | 3 sessions | £225 | 6 sessions | £420

Hypnocoaching

More people than ever are choosing to regularly work with a coach and for good reasons! Working at both the conscious and subconscious levels, hypnocoaching utilises the deep penetrating power of hypnosis along with the traditional principles of coaching to accelerate the process of goal achievement, and to create deep, long-lasting positive changes.

50minutes | £80 | 3 sessions | £225 | 6 sessions | £420

Mindfulness

Mindfulness has significant and wide-ranging benefits, especially if you're dealing with stress and anxiety. Mindfulness is a simple idea – it's about being fully present and aware of your emotions, physical sensations and everything that's going on around you. Using it in daily life routines is hugely beneficial and can become a conditioned response in just a short period of time. It can be applied in a few minutes and have tremendous benefits at helping to establish a more balanced perspective.

50minutes | £80 | 3 sessions | £225 | 6 sessions | £420

MIND

CONTINUED...

Nurture YOU

Learn to be the nurture you seek. 1:1 tailored coaching or therapy sessions to address what Nurture looks like, feels like and means to you. Nurture looks at your purpose, your relationships, emotional regulation and everything in between. If you'd like to change the way you feel but don't know where or how to start, then these sessions are for you. Or you just feel the need for a little emotional Nurturing, as we all do, then this is the holding you deserve.

50minutes | £80 | 3 sessions | £225 | 6 sessions | £420

Gut Directed Hypnotherapy (IBS,Chronic,Functional Gut issues)

Hypnotherapy is an evidenced-based treatment for IBS and other functional gut disorders, as recommended by NICE and WHO. It is a simple, natural treatment that can be effective in just 3-6 sessions which are tailored to you and your circumstances. 9/10 people have seen great improvements in symptoms using hypnosis and it can be used alongside medical treatments and diets effectively.

£420 | 6 sessions (50minutes per session)

Hypnobirthing & Mindful Birth Prep

Tailored 1:1 Birth Preparation using Hypnobirthing and Mindfulness techniques for both a pregnant mother and her partner.

£420 | 3 sessions (2hours per session)



ENERGY & SOUND HEALING

REIKI, REFLEXOLOGY & SOUND

Reiki

Experience the soothing and transformative power of Reiki, a gentle yet profound healing technique that works to balance and harmonise your body, mind, and spirit. Reiki, focuses on facilitating your body's natural ability to heal itself. This non-invasive therapy promotes deep relaxation, stress reduction, and a sense of overall well-being. It can help alleviate physical tension, emotional stress, and mental fatigue by clearing energetic blockages and restoring the flow of life force energy.

60minutes | £75

Cranial Sacral Therapy

Improve underlying vitality and activate the natural healing mechanisms of the body to improve wellbeing and health. Our skilled therapist uses subtle touch and holds to detect and release tension in the cranial sacral system. This treatment encourages the body's innate capacity for healing, promoting deep relaxation and harmony.

60minutes | £75 - please email or call to book your appointment

Reflexology

Reflexology is a powerful treatment that helps to bring balance and harmony to the body. Working solely on the feet, it is deeply relaxing and restorative and particularly useful for hormone imbalances, stress reduction, digestive conditions and regulating sleep patterns.

60minutes | £75

Sound Therapy

A deeply relaxing one-to-one sound healing session using the rich, resonant tones of hand-crafted Himalayan metal bowls to calm the mind and restore balance in the body.

During a 1:1 session, the bowls are played around the body, their tones and vibrations working with the nervous system to encourage a state of deep rest and internal harmony. Each session is tailored to you and where you are on any given day.

Particularly beneficial for stress and anxiety, poor sleep, emotional processing, and those simply in need of stillness - no prior experience is needed.

60minutes | £75

NUTRITION

NUTRITIONAL THERAPY

Discovery Call

If you would like to book onto a programme or would like more information around the many ways Sophie's nutritional programmes can help, please book a free discovery call to discuss the varied options.

30minutes | Free

Nutritional Therapy

Are you ready to ignite your energy, conquer burnout, and reclaim a life filled with vitality? Then a personalised 1-2-1 nutritional therapy programme could be just what you're looking for! These 1-2-1 programmes are bespoke and specifically tailored to you. Programmes run over a 3, 6, or 9-month period, and include regular check-ins, resources, email support, support calls, coaching, and accountability. With a holistic, person-centred approach that goes beyond dietary advice combining nutritional knowledge and expertise with health coaching, mindfulness, breathwork, movement, and lifestyle adjustments to provide comprehensive solutions tailored to your unique needs and requirements. Where deemed appropriate, programmes may also incorporate functional testing and/or supplements.

3, 6, 9 months | From £320 per month - please email or call to book



OSTEOPATHY

FOR THE WHOLE BODY

Osteopathy focuses on restoring balance and functionality in the body by gently manipulating and mobilising the musculoskeletal system. Our skilled Osteopaths employ precise hands-on techniques to assess and treat a range of conditions, from chronic pain and musculoskeletal issues to stress-related tension. Whether seeking relief from specific ailments or aiming to optimise your body's natural resilience, our Osteopathy sessions offer a personalised and therapeutic journey towards alignment and vitality.

Initial Consultation

A thorough and personalised session designed to lay the foundations for your treatment plan. Our skilled Osteopath will commence with a comprehensive assessment, looking into your medical history, lifestyle, and specific concerns. This in-depth evaluation allows our Osteopath to identify areas of imbalance and devise a tailored treatment plan that addresses your individual needs.

60minutes | £75

Follow Up Appointment

Osteopathy uses physical manipulation, stretching and soft tissue release to increase the mobility of joints, relieve muscle tension and reduce pain. It enhances the blood supply to tissues, helping the body to heal, restoring health and function to the whole body.

30minutes | £50

Cranial Osteopathy

Cranial Osteopathy is a gentle, hands on treatment that works with the body as a connected whole. Using a light, attentive touch, focusing on subtle movements in the head, spine and sacrum. The treatment invites the body to soften and release patterns of strain and tension bringing a sense of calm and reset the the nervous system

60minutes | £75



ACUPUNCTURE

CHINESE HERBAL MEDICINE

Acupuncture, a key part of Traditional Chinese Medicine (TCM), has evolved over thousands of years into a sophisticated healing system. It involves inserting fine needles at specific body points to regulate Qi (energy), impacting the nervous system and hormones to promote balance and healing. TCM also encompasses herbal medicine, where individual herbal blends, sometimes enhanced with medicinal mushrooms, are used to achieve health goals. Other techniques like cupping, massage, and moxa are employed as needed. Personalised treatment plans, often spanning months, are recommended for optimal results, emphasising TCM's holistic approach to individual wellness. All herbs used by Magdalena will have gone through rigorous controls in the UK to check for contamination and ensure that only plant materials are used.

Initial Consultation

Acupuncture, an ancient Chinese healing practice, involves stimulating specific body points to regulate energy flow and body functions, supporting natural healing and balance. It's a part of TCM, which also includes herbal medicine and other therapeutic techniques.

60minutes | £75

Follow Up Appointment

Acupuncture, an ancient Chinese healing practice, involves stimulating specific body points to regulate energy flow and body functions, supporting natural healing and balance. It's a part of TCM, which also includes herbal medicine and other therapeutic techniques.

45minutes | £65

6 Session Block

Acupuncture, an ancient Chinese healing practice, involves stimulating specific body points to regulate energy flow and body functions, supporting natural healing and balance. It's a part of TCM, which also includes herbal medicine and other therapeutic techniques. Multiple sessions and treatment plans are highly recommended.

6 Sessions (45minutes each) | £378

Herbal consultation

If herbs are prescribed as part of the acupuncture treatment, no separate consultation is needed. Magdalena sometimes uses cupping, moxa, massage or tuning forks as part of her treatments. This is in that case included in the session price. Sometimes a longer session is needed in which case the price will be set on an individual basis and discussed with the patient before hand. Free 15 min discovery calls are available.

30minutes | £55 (+herbs, £30-£40 per 2 week supply)



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