



## 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

---

## CONTENTS

3.....	Facial Treatments, TIDE Signature Facials
4.....	Facial Treatments, Classic Dr. Hauschka Facials
5.....	Body Treatments
7.....	Clinical Hypnotherapy, HypnoCBT, Mindfulness & Coaching
9.....	Energy Healing, Reiki, Reflexology & Rituals
11.....	Nutrition
12.....	Osteopathy
13.....	Acupuncture & Chinese Herbal Medicine
14.....	Packages & Treatment Courses



# 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

---

## CLASSIC DR. HAUSCHKA FACIALS

### 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



Partnered with  
**Dr. Hauschka**



# BODY TREATMENTS

---

## MASSAGE, SCRUBS, WRAPS & CUPPING

### 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

### 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 Deep Tissue Massage

If you are looking to release chronic tension from the body then this is the treatment for you! Our therapists expertly blend deep tissue 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 | £115

### 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 it gives you the opportunity to take time for yourself to relax and recharge. Available from 12 weeks onwards.

60minutes | £75

### 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



# BODY TREATMENTS

---

## CONTINUED...

### Herbal Detox Body Wrap

Our Herbal Detox Body Wrap begins with a full body exfoliation to smooth and brighten the skin. A blend of therapeutic herbs and mineral rich muds is applied to your body, all of 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.

105minutes | £140

### 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)

### Lomi Lomi Pregnancy Massage

Rooted in the ancient Hawaiian tradition of healing, this specialised massage is tailored to provide comfort, relaxation, and a deep connection to both the mother and her growing baby. The nurturing touch of Lomi Lomi gently promotes circulation, reduces muscle tension, and fosters a deep sense of relaxation. Available from 12 weeks onwards.

90minutes | £110

### 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 | £40

# 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 HEALING

---

## REIKI, REFLEXOLOGY & RITUALS

### 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 | £65

### Craniosacral 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 craniosacral system. This treatment encourages the body's innate capacity for healing, promoting deep relaxation and harmony.

60minutes | £70

### 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

### Soulful Sound Ritual

This transformative treatment weaves together the therapeutic benefits of guided meditation, breath work and resonating sound bowls to provide you with an unparalleled experience of balance and rejuvenation. It is perfect for reducing stress, balancing our energy centres, improving sleep and emotional release.

45minutes | £55

# ENERGY HEALING

---

## CONTINUED...

### RWomb & Sacral Healing Massage

Womb & sacral healing massage helps build a strong connection to self and release deeply held emotional holding patterns in order to free up energy and life force. It connects you with feminine energy, the heart and womb, rebuilding a positive relationship with one's female reproductive system. It is healing and therapeutic for women suffering from any conditions that impact the menstrual cycle such as endometriosis, PCOS and fibroids and can also help with digestive and elimination issues such as IBS and bloating. It's can also be hugely healing for traumatic experiences such as miscarriage, pregnancy loss, recovery from childbirth or overcoming sexual abuse.

This treatment is not suitable:

- Just before or during a bleed
- If you have a coil fitted
- During first trimester of pregnancy
- After recent abdominal surgery

60minutes | £70

# 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



# 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





# 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)



“Like a beautiful flower, our wellbeing needs to be nurtured and cared for. Neglect it, and it will wither. Cherish it, and it will bloom.”



[www.tidetherapies.co.uk](http://www.tidetherapies.co.uk) | [@tidetherapies](https://www.instagram.com/tidetherapies) | [hello@tidetherapies.co.uk](mailto:hello@tidetherapies.co.uk)  
07934931087 | 8 Buckingham Road, Broadstairs, Kent, CT10 1QR