



## HEALTH AND BALANCE

### TREATMENTS AND PRICES (SEPTEMBER 2016)

Treatment	Description	Price
Revitalising energy boost	Ideal for fatigue or if you are at a low ebb – 45 minutes duration	£35
Relaxation/calming treatment	Perfect for stress relief – 45 minutes duration	£35
Balancing/holistic treatment	For existing medical conditions (eg: Hypertension, Diabetes, Arthritis and hormonal problems) – 45 minutes duration	£35
Detox/weight loss	Perfect for cleansing and balance, and increasing your metabolic rate to help weight loss – 45 minutes duration	£35
Muscle/joint ache relief	Ideal for aches and pains, including post-sports or gym – 45 minutes duration	£35
Mini-treatment	A lunch break pick me up – 30 minutes duration	£20
Full hot stone reflexology treatment	Treating all body organs and systems with the added benefits of hot stone – 1 hour 15 minutes duration	£50
Hot stones foot treatment	Hot stone foot massage – 1 hour duration	£40
Full reflexology treatment	Treating all body organs and systems – 1 hour duration	£40

All treatments can be delivered in your home for an additional fee of £10.

To book an appointment or enquire further:

E-mail: [healthandbalance@outlook.com](mailto:healthandbalance@outlook.com)

Phone Carolene on: 07533 400419

Payment can be made by card, cash or cheque on the day of treatment.

Recommend a friend and get a free treatment worth £35.