



## HEALTH AND BALANCE

### TREATMENTS AND PRICES (JUNE 2025)

Treatment	Description	Price
Holistic foot reflexology treatment	Treating all body organs and systems – 1 hour duration	£40
Hand reflexology	If preferable alternative to foot reflexology – 30 minutes duration	£25*
Facial/Ear reflexology	To relax facial muscles and nerves – 30 minutes duration	£25*
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
Back Hot Stone Massage	Back massage using hot stones – 1 hour duration	£50
Full body hot stone massage	Full body massage using hot stones – 1 hour 30 minutes duration	£70
Aromatherapy full body massage	Full body massage using aromatherapy oils – 1 hour 15 minutes duration	£65
Aromatherapy back massage	Back massage using aromatherapy oils – 40 minutes duration	£45
Manual Lymphatic Drainage (MLD)	Gentle but specialised massage to stimulate Lymphatic drainage – duration is depending on area	£30 per 30 minutes
Fibromyalgia Massage	Specialised massage to improve symptoms – 30 minutes duration	£40
Indian Head Massage	Gentle scalp massage – 45 minutes duration	£35*
Natural facelift massage	Gentle facial massage – 45 minutes	£40
Reiki (alone)	Reiki healing session – 45 minutes duration	£30*
Reiki (if booked with another treatment)	Additional Reiki healing	£10

Home therapy sessions available for an additional fee.

To book an appointment or enquire further:

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

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

Recommend a friend and get a free 'taster' treatment worth up to £35\*