



**CELTIC**  
WELLBEING  
Mind • Body • Soul

Croft Country Park 01834 860315

**It's the refresh menu! We use gorgeous Neal's Yard organic products in all our treatments**

**SWEDISH MASSAGES**

Release muscular tension, aches and pains with a deeply relaxing massage treatment. The pressure of the massage is adjusted to client needs.

Full Body Massage (1 hour)	<b>£65</b>
Back, Neck and Shoulder and Back of Legs massage (45 mins)	<b>£60</b>
Back, Neck and Shoulder Massage (30 mins)	<b>£42</b>

**REIKI**

A natural non invasive method of hands on healing which transfers energy from the therapist to the client. It is a holistic therapy working on the mind, body and spirit. Promoting health and restoring a sense of balance of harmony.

60 minutes	<b>£65</b>
45 minutes	<b>£60</b>
30 minutes	<b>£42</b>

**CRYSTAL HEALING THERAPY & CHAKRA BALANCING**

A gentle treatment that works on an energy level and therefore affects all levels of our system: mental, emotional, spiritual and physical. Treatments are very relaxing and everyone can benefit from its balance and de-stressing effect, which helps your body's own healing processes and clears your mind to think and make the changes you need in your life.

60 minutes	<b>£65</b>
45 minutes	<b>£60</b>
30 minutes	<b>£42</b>

**DEEP TISSUE MASSAGE**

Uses a slow deep sustained pressure to target specific areas of discomfort releasing tension held in your muscles and connective tissue. Pressure will be adjusted to suit client needs.

Full Body Massage (1 hour)	<b>£65</b>
Back, Neck and Shoulder and Back of Legs massage (45 mins)	<b>£60</b>
Back, Neck and Shoulder Massage (30 mins)	<b>£42</b>

**REFLEXOLOGY**

A unique system of foot massage based on holistic principles. By massaging the reflex points on the foot which relate to the different parts of the body we can redress the imbalance of energy which causes stress and ill-health. This is an extremely relaxing treatment.

45 minutes	<b>£60</b>
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**AROMATHERAPY**

The therapeutic use of essential oils to relieve nervous stress, enhance wellbeing and promote healthy living. Combining the benefits of essential oils with those of therapeutic massage produces a pleasurable yet effective method of healing. The stress relieving effects of the treatment encourages us to use our mental energy more productively.

60 minutes	<b>£65</b>
45 minutes	<b>£60</b>
30 minutes	<b>£42</b>

**MINI REFRESH**

Enjoy a 30 minute treatment from our full menu above and a delicious Charlie's lunch\*

**£48**

\*includes a lunch allowance of up to £15.00

**MAXI REFRESH**

Enjoy a one hour treatment from our full menu above and a delicious Charlie's lunch\*

**£80**

\*includes a lunch allowance of up to £15.00

