

# Bonne Santé

## Therapy Centre

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## TREATMENTS AND PRICES

**COMBINATION MASSAGE** - A treatment tailored for each client. Elements of deep tissue, aromatherapy, Swedish, back neck and shoulder and hot stone fusion are combined to provide an effective remedial and relaxing treatment. This is our 'signature massage' exclusive to Bonne Santé. It is rapidly growing in popularity and offers excellent value. Allow one hour ~ £40.

**HOT STONE FUSION** - A luxurious soothing treatment for the face and body. This massage has many therapeutic benefits that allow extensive soft tissue manipulation to the warmed tissues. A warm, comfortable and tranquil setting ensures the ultimate indulgence. Allow one hour ~ £45.

**BACK, NECK AND SHOULDER TREATMENT** - For many people the back, neck and shoulders are common areas of soreness and tension. Driving or working at a desk or computer may lead to such problems. This advanced form of remedial therapy involves heated stones; deep tissue massage and manipulation and can considerably reduce pain and discomfort and improve mobility and posture. Allow one hour ~ £35.

**DEEP TISSUE MASSAGE** – A penetrating focused treatment that works on the physical, emotional and spiritual level to releasing long held trauma from the tissues. This allows restoration of peace and harmony to the whole body. Allow one hour ~£40.

**SPORTS MASSAGE** – A massage designed for people participating in sport or exercise at any level or stage of competition. Each massage is tailored to the individual's needs to assist in enhancing performance by the management, manipulation and rehabilitation of the soft tissues of the body. Allow one hour ~ £40.00

**NUTRITION** - You are welcome to make an appointment with a fully qualified nutritionist to discuss your particular needs without obligation. There is no charge for this. Nutrition advice may help with general health and well being, obesity, allergies, environmental related illnesses, and many other issues. Your nutritionist will discuss the likely cost and number of visits during your free consultation.

**HYPNOTHERAPY** – Hypnotherapy can assist in resolving many problems including: Smoking Cessation, Irritable Bowel Syndrome, Fears & Phobias, Confidence & Self Esteem, Depression, Weight Control & Eating Disorders, Stress & Anxiety, Public Speaking & Speech Difficulties, Pain Management and Drink Related Problems. Research suggests that in many areas such as smoking cessation, eating problems and irritable bowel syndrome, hypnotherapy is the most effective treatment. Please call and make arrangements for a free consultation to discuss your requirements with one of our fully qualified and experienced therapists.

**AROMATHERAPY MASSAGE** - A therapeutic massage with quality oils. This treatment has many benefits including reducing physical and emotional stress. The process of releasing tension from the muscle tissue and relieving discomfort leaves the client revitalised and with an inner calm. This therapy is far reaching and infiltrates the whole body. The atmosphere of the therapy room is subtle and tranquil to enhance your experience. Allow one hour ~ £35.

**REFLEXOLOGY** – A relaxing non-intrusive foot manipulation/massage treatment that assists the body's own healing mechanisms. A penetrating treatment with far reaching effects. For people with overly sensitive feet hand reflexology can be used. Allow one hour ~ £35.

**INDIAN HEAD MASSAGE** – An ancient therapy that eases stress and tension from the head, neck and shoulder areas. This treatment enhances the health of the scalp and hair by improving circulation and speeding up the removal of waste products from the area. It also works on an emotional level by promoting relaxation. Allow one hour ~£30.

**REIKI HEALING** – Pronounced Ray-Key, - means universal energy. This is a gentle cleansing energy that promotes positive change. It is an ancient Japanese method of healing which restores balance and harmony to the mind, body and spirit. Reiki is an effective treatment of stress, depression, anxiety, PMT, headaches and many other ailments. Allow one hour ~ £35.

**PREGNANCY MASSAGE** - Hot Stones Optional - This is a wonderfully calming and soothing treatment that assists in relieving many symptoms of pregnancy during all trimesters. Thai massage techniques may be incorporated for maximum benefit. A truly blissful experience for mother and baby. Allow one hour ~ £35.

**THAI YOGA MASSAGE** - An ancient massage applied through light clothing on a futon mattress. Bending, kneading and aqua pressure techniques are applied using thumbs, hands, elbows and feet to maintain a free flow of energy. Thai Yoga can be effective in the treatment of many conditions. Suitable for most people regardless of age, fitness or flexibility. Allow 90 minutes ~ £40.

**HOPI EAR CANDLES** - A gentle relaxing and effective treatment for many conditions of the nasal area. Helpful for sinusitis, headaches, irritation of the ears, tinnitus and allergies. Allow 50 – 60 minutes. ~ £30.

**ALEXANDER TECHNIQUE** - Through a mixture of verbal explanation and hands on work your teacher will help you understand how you can help yourself identify your tension patterns, and how to prevent them re-occurring. With this process of re-educating, lessons in Alexander Technique can help you prevent or alleviate conditions associated with undue tension or poor posture. This treatment can improve overall posture easing various aches and pains, improve natural coordination, reduce wear and tear on joints and also has many other benefits. It is a skill for life. Lessons last one hour ~ £35.

**SHIATSU** like acupuncture, shiatsu is based on traditional Chinese medicine, one of the oldest medicines in the world. Chinese medicine offers a profoundly wise understanding of the causes of disease (emotions, environment and diet). Shiatsu is a full body treatment. Most sessions involve work on the back, legs, arms, torso and neck, and will concentrate on the areas that need attention. Shiatsu is performed through the clothes. Allow 60 minutes ~ £35

**A Centre of Excellence for Complementary and Alternative Therapies in Comfortable and Relaxing Surroundings for Male and Female Clients of All Ages**