



I firmly believe touch therapies will help, whether you are tired, stressed, overwhelmed or simply want to stay young!

My aim is to ensure you feel relaxed, supported and informed during your sessions, so you can make the most of your treatment afterwards.

Reflexology, Indian Head Massage and Reiki can be tailored to your individual needs. We will cover your health, energy and mindset during the consultation.

I am very excited to introduce the Zone Face Lift 12 week programme. This is designed to take you on a journey of self improvement mentally, physically and emotionally. The skin is the largest organ in the body and the outer expression of our physical and mental health, so investing in your skin is the quickest way to look and feel younger.

Your wellbeing begins with you...let's begin.

Sally x

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Your Well-Being Begins With You

Facial & Zone Face Lift Reflexology

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WHAT IS REFLEXOLOGY?

Reflexology is an Ancient Chinese Therapy. Pressing particular reflex points can affect an associated organ in the body. Reflexology calms the mind and body to induce relaxation and help release toxins out of the body.

WHY REFLEXOLOGY?

Reflexology has many benefits, from promoting a healthy digestive system to encouraging natural sleep and that all important, much needed time out. Reflexology stimulates nerve functions to encourage all organs in the body to work together and at their best. It works on all of the body's systems, rather than the presenting symptoms.

ZONE FACE LIFT

This **Natural** Technique will take up to 10 years off your age...



Deemed as a credible natural alternative to Botox, celebrities are excited about the Zone Face Lift. Designed as a 12 week programme, the package will improve the way you look and feel.

Visit website for best priced packages.

www.sallytouchtherapy.co.uk

TREATMENTS

Zone Face Lift

A natural treatment combining Facial Reflexology, Japanese massage techniques and crystals to lift and sculpt the face, neck and jawline.
60 Minutes **£75**

Facial Reflexology

Working with points on the face to balance the body's energy, Facial Reflexology can achieve results almost instantly, leaving your face feeling plumped and glowing, with your mind relaxed and calm
50 Minutes **£55**

Foot Reflexology

Stimulating pressure points on the foot can help restore balance within the body, therefore promoting physical and mental well-being.
50 Minutes **£40**

Indian Head Massage

Seated, you will enjoy an upper back, shoulder, neck and head massage. Using a small amount of light oil enables this relaxing treatment to be performed any time during the day.
45 Minutes **£30**

Reiki Chakra Balance

Performed lying down, fully clothed. A gentle touch of hands channels the universal energy through the chakras to re-balance the body
30 Minutes **£25**

Reiki Full Body

Enjoy this full body Reiki treatment, promoting balance on an emotional and physical level.
45 Minutes **£35**

Please note treatments and prices differ for Float in the Forest facility