

**Poppy**

Registered member of Colonic Association and Embody

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a  
body  
clinic

## Gift vouchers available

A minimum 24 hour cancellation period is required, otherwise a full charge will be payable for the treatment.

Evening appointments available.

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- Colon Hydrotherapy
  - Thai Herbal Hot Poultice Massage
  - Sports Deep Tissue Massage
  - Aromatic / Aromatherapy Massage
  - Ayurveda Facials with Organic Products
  - Reflexology
  - Indian Head Massage
  - Osteopathy
  - Pilates

## Colon Hydrotherapy

This therapy involves gently filling the Colon with warm filtered water, when flushed carries out built up material of toxins, trapped gases and waster matter. Colonic therapy can be beneficial to people suffering from digestive problems, skin problems lethargy, IBS, Bloating, constipation and many more. It can improve your health & Wellbeing, increase energy and vitality.

£60 1 Hour 15 minutes

## Thai Herbal Hot Poultice massage

This treatment of Steamed Herbal Compress combined with Deep tissue massage is excellent for aching, sore, tired overworked muscles and joints. A blend of traditional Thai herbs and essential oils used in this treatment has an invigorating and simultaneously relaxing effect on the body and mind, reducing stress and increasing the body's energy level.

£75 1 Hour 30 minutes

## Sports/Deep Tissue Massage

This massage loosens up tight and aching muscles; alleviate build up of stress and tension in the body during physical activity. The purpose is to reduce muscle tension & promote flexibility; hence it is very beneficial whether a person is an athlete or exercises once a week.

£50 for 1 Hour £75 for 1 Hour 30 minutes

Back neck and shoulders £30 30 minutes

## Aromatic / Aromatherapy Massage

Using Essential – Aromatic oils this massage works simultaneously by applying deep and gentle pressure to ease muscular aches and pains. In addition, an acupressure and Swedish techniques increases circulation and drainage movements encourage elimination. It is ideal for stress relief, general wellbeing and relaxation.

£50 1 Hour

## Ayurveda Facials with Organic Products

This luxurious deep cleansing purifying facial restores healthy & glowing skin. Marma & Lymphatic drainage massage reduces tension, bringing a deep sense of relaxation & calm to the whole body. Treatment includes scalp, neck/shoulders, foot & hand massage. A truly pampering experience.

£47 1 Hour £60 for 1 Hour 30mins

## Reflexology

Reflexology is a therapy that deals with the principle that there are reflex areas in the feet and hands that corresponds to all the glands, organs and parts of the body. In treatment pressure is applied on these reflexes by thumbs and fingers, combining this with joint mobilization, massage and relaxation techniques. This therapy encourages the body to restore and maintain a healthy balance.

£50 1 Hour

## Indian Head Massage

This therapy is an age old system from India that improves our health by stimulating and massaging the scalp, neck, shoulders and upper back. It is excellent for easing tension headaches, neck/shoulder stiffness, mental/physical tiredness, insomnia, eyestrain, anxiety and stress.

£45 45 minutes

## What is Osteopathy?

Osteopathy considers each person as an individual by using a holistic approach to address pain relief with a combination of soft tissue releasing techniques and sometimes specific adjustments affecting joints and soft tissues. We look at identifying the cause as well as solving the problem and adapt treatments according to individual needs.

from £35

## What is Pilates?

Pilates is a series of low impact toning exercises working the body from the inside out. Pilates concentrates on rebalancing the body systems, bringing it into correct alignment and promoting spinal stability, relieving neck, head and lower back pain whilst increasing mobility and flexibility where needed. Group & 1 2 1 sessions are available.

from £35 1 Hour