

HOLISTIC TREATMENTS

REIKI - 50 MINS €85

Reiki is an ancient, non-intrusive complementary therapy. The energy involved in Reiki healing is universal energy that surrounds all life, demands are placed on our energy field as we go through life. It enhances the body's own innate ability to heal itself on all levels while restoring balance and harmony to the mind, body and spirit. Reiki treatment provides a deep relaxation while bringing a sense of peace and wellbeing.

CUPPING - 25 MINS €50

Cupping can be used as a way of deep tissue massage as it increases blood circulation to the area where the cups are placed. It relieves muscle tension and can improve overall blood flow, promote cell repair, promote weight loss and full body toning. The process removes bad blood which can be helpful for many health concerns such as chest diseases, high blood pressure and muscle tension. Cupping creates suction in the cup that is applied to the tissue, creating a vacuum. The bruises left are based on the levels of stagnation and toxins in your blood.