

# Alternative Therapies

For a truly holistic spa experience, why not opt for one of our effective alternative therapies?

## Reflexology

60 mins / Cost: £70 / Course of 6 £350

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The ancient art of Reflexology has been practised in the Far East for thousands of years. The technique involves stimulating pressure points on the feet, releasing blocked energy in the corresponding areas of the body. Reflexology is a deeply relaxing treatment that brings harmony to the body, mind and spirit.

## Indian Head Massage

45 mins / Cost: £65

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Designed to alleviate stress, this massage concentrates on the scalp and manipulates the soft tissues in the arms, shoulders and neck.

## Hopi Ear Candling Treatment

30 mins / Cost: £45

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A soothing and relaxing therapy used traditionally by the Hopi Indians. Helping to rebalance the inner ear by drawing out impurities, it is a natural alternative to syringing. This treatment can help those who suffer from sinusitis, headaches, head cold, hay fever or excessive ear wax.