

Relaxation and Mindfulness Therapies

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Non-surgical micro-current facial - achieve a dramatic facial lift with a non-surgical micro-current facial. Sagging facial muscles are made to work a minimum of 100 times and up to a maximum of 900 times in a half hour session. Feel the facial muscle stimulation and achieve great, visible results.

Relaxation & Mindfulness wellbeing sessions - deep relaxation and meditation help to sooth emotions, reduce negative feelings and bring clarity, focus and a sense of purpose back into life. One treatment is physiologically the equivalent of 3 to 4 hours' deep sleep and helps you find true peace of mind and positivity to help you cope with life's daily challenges.

Ear Candling – used for various issues such as:- Migraines, Hay fever, Anxiety and Stress, Swimmer's ears, Asthma, Vertigo, Colds, Flu, Post flying and Snoring.