Soothe your Senses in:

THE HOLISTIC SANCTUARY

2 The Colonnade

- Reiki - For stress reduction and relaxation that also promotes healing.
  - £15 - 15mins
  - £30 - 30mins

-Thai Foot Massage - Helps to improve circulation and remove toxins.
  - £30 - 30mins

- Thai Hand & Foot Massage - Deals with major energy lines that run through the soles of the feet and hands
  - £45 - 60mins

- Thai Hand Massage
  - £20 - 15mins
  - £30 - 30mins

- Body Detox - Leaves you feeling rejuvenated and more energised.
  - £30 - 30mins

- Shiatsu Massage - (first session 90 mins)
- Face-lift Shiatsu
- Pregnancy Shiatsu

A physical therapy that supports and strengthens the body's natural ability to heal and balance itself.

- Energy Balancing & Clearing
  - £30 - 30 mins

- Emotional Cord Releasing
  - £45 - 45 mins

- Crystal Healing
  - £30 - 30 mins
  - £45 - 45 mins
  - £55 - 60 mins

- Chair Massage
  - £15 - 15 mins
  - £30 - 30 mins

Call us today: 07856 000 993

find us at: The Colonnade
21 Sydenham rd SE26 5EX
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@ The Calabash of Culture

• Indian Champissage - works on both physical and mental levels of the individual receiving the treatment by working the areas most vulnerable to stress and tension.

  £30 - 30 mins

• Shirodhara - which includes the use of Ayurvedic Oils

  £40 - 45 mins

• Thought Field Therapy - When TFC is applied it addresses fundamental causes, balancing the body’s energy system, and allows you to eliminate most negative emotions or fears within minutes.

  £30 - 30mins
  £50 - 60mins

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