

Hello. My name is Melanie and I am able to pamper and relax you and take you away from the stresses of life.

Qualified in Holistic and Beauty Therapies , I am a full member of The Guild of Holistic and Beauty Therapists and I am insured under The Professional Beauty Guild.

I am also a Reiki Master/Teacher and Practitioner.

I will create a relaxed and calming atmosphere for you whatever treatments you choose without compromising on quality.



REIKI TREATMENTS

Reiki

What is Reiki?

Reiki is a safe, gentle, non-intrusive hands on healing technique on yourself or others. It uses energy to treat physical ailments without using pressure manipulation or massage.

However, its much more than a physical therapy. It is a holistic system for balancing, healing and harmonizing all aspects of the person—mind, body ,emotions and spirit and can be used to encourage spiritual awareness and growth.

Reiki—is often translated into “Universal Life Force Energy”.

Reiki Treatment 30 mins £20.00

Reiki Treatment 1 hour £35.00

Mellow Therapies @ The Healing Hut

**The Healing Hut
Chaucer Road New England
Peterborough PE1 3LR**

**Phone: 07568 489742
for an Appointment**

Mellow Therapies @

The Healing Hut

TREATMENT MENU



www.mellow-therapies.co.uk

Tel 07568 489742

theguild
of Holistic Therapists

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Holistic Treatments

Swedish Body Massage

This treatment manipulates the soft tissues of the body. There are many benefits to having this treatment.

It is good for circulation and is also good for removing tension in the muscles.

Aromatherapy Massage

A relaxing massage with essential oils tailored to the clients needs. The aim of the massage is to restore harmony and natural balance with an holistic approach considering physical, mental and emotional wellbeing.

Indian Head Massage

A relaxing and calming treatment which concentrates on the head, neck and shoulder area.

Helps with muscular aches and pains and can help scalp conditions if used with oils. Gives the client a sense of wellbeing.

Reflexology

A form of natural holistic therapy that has discovered that parts of the foot relate to parts of our body.

A reflex is when the stimulation at one point brings out a response in another point or area. By using special pressure techniques to stimulate the points on the feet, imbalances in the tissues, organs and systems of the body can be detected and can be effective to restore balance and wellbeing.

Price List (Includes Consultation/Aftercare)

Swedish Full Body Massage 1 Hour	£40.00
Swedish Back Neck & Shoulders 45 mins	£25.00
Aromatherapy Full Body Massage 1hr 30 min	£45.00
Aromatherapy Back Neck & Shoulders 45 mins	£30.00
Indian Head massage x 1 Treatment 45 mins	£35.00
Indian Head Massage x 4 treatments (if paid in advance) 4th Treatment free	£105.00
Reflexology 1 Hour	£40.00
Reflexology x 4 Treatments (if paid in advance) 4th Treatment free	£120.00
Reiki Treatments 30 mins 1 hour	£20.00/£35.00

Workshops & Courses

Courses and workshops available on many holistic subjects. Look out for future courses/workshops at

www.mellow-therapies.co.uk or type

Mellow Therapies in Facebook for my page.



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