

The Loft

COMPLEMENTARY THERAPIES
2a Assembly St, Normanton, WF6 2DB
www.thelofttherapies.com



Complementary Therapies at The Loft.

This information pack lists the therapies available (and their prices) at the print date below. To make an appointment, please contact the therapist you want to see. Further information and details of therapists' qualifications are on our website.

The Loft is open by appointment only, but if please feel free to contact us with any questions.

Finding the Right Therapy for you.



(above: our comfortable waiting room)

Choosing the right therapy is often a matter of personal preference. Some offer a very practical approach, others are more spiritual in nature. Some therapies teach you skills you can continue to use at home, others give you time to yourself in relaxing surroundings.

The list below offers some suggestions for different situations; it's not a complete list and if your problem isn't listed please contact us for advice about how we can help.

Therapies are listed in alphabetical order and you can check out the individual pages on this site to find the therapy - or combination of therapies - that appeals to you most.

- **Health and Wellbeing -**
aromatherapy, ear candling, facials and face masks, Indian head massage, massage, reflexology, Reiki, Thai foot massage
- **Life/personal issues -**
(fears, phobias, anxiety, weight, smoking cessation, habits and addictions, confidence,) hypnotherapy
- **Pregnancy and Childbirth -**
any relaxation technique, hypnotherapy (for both relaxation and pain control in childbirth),
- **Stress Reduction and Relaxation -**
any massage technique, hypnotherapy, meditation, reflexology, stress management
- **Sports Injuries, Aches and Pains, Pain Relief, -**
hypnotherapy, massage, sports massage,



(above: our therapy room)

If you're still not sure which is the best therapy for you, feel free to phone our manager Debbie on 01977 678593.

Payment for your therapies

- Payment can be made at your appointment in cash or by cheque.
- We do not have credit/debit card facilities at the clinic. If you choose to pay by credit card please do so via our website before coming for your appointment and bring a printed copy of your email receipt with you.
- Gift vouchers redeemable against all therapies can also be purchased in person or via our website. Please note we are open by appointment only, so if you prefer to buy them in person please ring ahead to make sure someone will be there.

Aromatherapy

What is aromatherapy?

- Treatment by massage, inhalation or baths
- An holistic therapy treating both body and mind
- The therapeutic use of aromatic substances obtained from flowers, plants and trees

For an appointment/further info

call Margaret Bowling on 0772 209 9829 or email margaret@thelofttherapies.com

Price: 1 hour £25, ½ hour £15



Ear Candling

Ear candling is a gentle and relaxing method of removing many pressure related problems by removing excess wax in the ears. A lighted 'candle' placed in the ear draws the wax into a filter at its base. A relaxing facial massage helps to stimulate lymphatic drainage in the face and neck areas, and facilitates the release of wax and debris from the ear.

It can help with:

- Tinnitus
- Mild deafness and/or regular 'popping'
- Catarrh and Sinusitis
- Glue ear
- Tension in the jaw and/or neck
- Travel sickness, mild vertigo, poor balance
- Headaches

For an appointment

Call Andrea Freedman on 01924 220312 or email thefreedmans@tiscali.co.uk

Prices: Treatments last about 30 minutes and cost £20

Facials and Face Masks

The basic skin care routine of cleanse, tone and moisturise forms the basis for the aromatherapy facial. Many commercial products contain essential oils as they are acknowledged to have beneficial effects on the condition of the skin. I use base lotions and creams to which I add my own blends of oils to create products that are appropriate to each individual client.

Facials include cleanse, tone and moisturise as well as a facial massage. In addition, a specially prepared mask may be applied for a deeply cleansing effect or a soothing and softening effect. The treatment should be relaxing and enjoyable and leave you feeling relaxed and refreshed, with a heightened sense of well-being.

Treatments last about 45 minutes and cost £20

For an appointment

Call Andrea Freedman on 01924 220312 or email thefreedmans@tiscali.co.uk

Prices: Treatments last about 45 minutes and cost £20



Hypnotherapy

Hypnosis allows you to use your own underlying (or sub-conscious) knowledge and resources to resolve your problems. In very broad terms, it is a way of bypassing the critical part of your mind - the part which limits your abilities or undermines your confidence by saying "I'd like to but I can't". It is effective in dealing with problems of all kinds, including habit control, (e.g. smoking, nail biting), weight control, stress, self esteem, lack of confidence, phobias, lack of motivation.

Hypnotherapy is not 'mind control', and will not involve anything that makes you feel silly or uncomfortable. In fact, the idea behind hypnotherapy is to give you back the control that you have lost, and which is causing your problem or symptoms.

For an appointment/further info

Call Debbie Waller on 01977-678593, email debbie@debbiewaller.com

Price: £60 per session (smoking programme £135, couples discount available)

Indian Head Massage

Indian head massage is a unique, relaxing massage treatment which involves massaging the neck, upper back, shoulders, arms, scalp and face. It helps to restore harmony, energy, mental alertness and inner peace, promoting a general feeling of relaxation.

Indian Head Massage attacks stress in an immediate way by accessing the physical effects of releasing muscular tension and stimulating blood flow.

It aids better relaxation and sleep, relieves headaches and eyestrain, improves concentration, eliminates muscle tension and helps to restore joint movement.

The treatment is performed with the client seated and either fully clothed or covered by a towel. You have the choice of whether or not I use traditional Indian Head massage oils during your treatment, please be assured that your dignity is preserved at all times.

For an appointment

Call Kerry Dawson on 07818 283144, email littleoaktherapies@yahoo.co.uk

Price: 20 minutes £15, 40 minutes £25, 1 hour £35



Massage

Benefits of Therapeutic Massage

- Is suitable for men and women of all ages
- Can be stimulating or deeply relaxing
- Can relieve tension and stress
- Can increase energy levels
- Can improve muscle tone and relieve fatigue
- Can improve circulation
- Can improve skin tone
- Can improve the immune system
- Can help to identify areas of imbalance

For an appointment/further info

call Margaret Bowling on 0772 209 9829 or email margaret@thelofttherapies.com

Price: 1 hour £20 (with aromatherapy oils £25) , ½ hour £15

Meditation and Relaxation

Different people have different ideas about what is stressful. Some go bungee jumping for fun - others consider it a bit more of a challenge! Some enjoy creating and cooking a complicated dinner party menu, others feel their stress levels rising at the very thought. Whatever your definition of stress, if you make relaxation part of your regular routine, it can lower your blood pressure, combat fatigue by promoting sleep, aid memory and learning, and improve your immune system function. One-off or regular meditation/relaxation sessions give a general sense of well-being, and can be offered to small groups as well as individuals.

For an appointment/further info

Call Debbie Waller on 01977-678593, email debbie@debbiewaller.com

Price: ½ hour £30



Reflexology

Reflexology works on the principle that areas of the foot correspond to different parts of the body and that by stimulating the reflex points on the feet, a reflex action is produced within the body.

Treatments usually last from 45 minutes to an hour, during which time you relax with your feet elevated, fully clothed apart from your feet.

Reflexology should stimulate the body's own natural healing process, improve circulation and boost the removal of toxins

For an appointment

Call Andrea Freedman on 01924 220312 or email thefreedmans@tiscali.co.uk

Prices: Initial treatment £25, Subsequent treatments £20

Reiki

Reiki is a Japanese word meaning Universal Life energy, the energy around us and within us. It is a way of activating, directing and applying natural energy for the promotion of healing, balance and wholeness.

Reiki is useful for preventing imbalance, assisting the body's natural healing powers and maintaining the rebalance as a state of well-being. It can be used most effectively as a technique for the release of stress and relaxation and to restore the vital energy lost in daily life.

It is gentle, natural, powerful and it works!

For an appointment

Call Kerry Dawson on 07818 283144, email littleoaktherapies@yahoo.co.uk

Price: 20 minutes £15, 40 minutes £25, 1 hour £35



Sports Massage

Perfect for a very active or athletic individual who seeks a muscle intensive massage, sports massage concentrates more on specific areas of the body. It is ideal for those with a recreational lifestyle to help relieve discomfort or pain from over activity and is especially good for someone who has a recurring area of the body that needs special attention and relief. Sports massage helps you, the athlete, prevent injuries which might otherwise be caused due a constant build-up of tension in the muscles from regular activity which may lead to stresses on joints, ligaments, tendons, as well as the muscles themselves. Sports massage works on the causes of soreness, aches, pains and tiredness, and releases the knots and tender areas in tight muscles which cause muscle weakness or restricted range of motion.

For an appointment

Call Kerry Dawson on 07818 283144, email littleoaktherapies@yahoo.co.uk

Price: 20 minutes £15, 40 minutes £25, 1 hour £35

Stress Management

As a Stress Manager I use a wide variety of techniques – among them coaching, counselling, visualisation, and NLP (Neuro Linguistic Programming) - to help you reduce and prevent the problems created by your stress. Because I understand all aspects of stress, and its impact on your mind, body and life, I can take a wide-ranging approach to helping you find *your* unique solution.

I can show you how to take a proactive approach to reducing and preventing stress. Among other things, this might include confidence building, improving interpersonal skills, learning relaxation techniques, assertiveness or anger management, or looking at the way you organise your time. Together, we can create a stress management programme to suit your wants, needs, personality and circumstances: this choice and creativity leads to better, faster results.

And I can teach you all the skills you need to help yourself, empowering you and giving you confidence that you are back in control. Not just for now, but for the future too.

For an appointment/further info

Call Debbie Waller on 01977-678593, email debbie@debbiewaller.com

Price: £60 per session



Thai Foot Massage

Thai Foot Massage is actually a massage of the legs, feet and hands that originated in Thailand about 2000 years ago. This wonderful massage has elements of Shiatsu, Reflexology, Chinese massage and Yoga incorporated into the massage itself and is said to stimulate the activity of internal organs. Thai Foot Massage is thus hugely beneficial for optimum internal health.

Thai Foot Massage involves the therapist using thumbs, hands and a wooden stick, to stimulate the reflex points and apply massage to the feet, lower legs and hands. The four elements are balanced and a pleasant feeling of harmony and inner stillness are experienced.

For an appointment

Call Kerry Dawson on 07818 283144, email littleoaktherapies@yahoo.co.uk

Price: 20 minutes £15, 40 minutes £25, 1 hour £35