



## 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.



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.

- Beauty treatments – face massage and face masks, luxury hand/foot massage, manicure and pedicure
- Health and Wellbeing - aromatherapy, facial massage and face masks, Hopi Ear Candles, Indian head massage, massage, hand/foot massage, Reiki, Thai foot massage
- Life/personal issues - (including weight control, smoking and other habits, confidence,) hypnotherapy, stress management
- Pregnancy and Childbirth - any relaxation technique, hypnotherapy (for both relaxation and pain control) ,
- Injuries, Aches and Pains, Pain Relief - hot stones massage, hypnotherapy, massage, sports massage
- Relaxation & Stress Reduction - massage, face masks, hypnotherapy, Quantum Touch, stress management



The Loft is used by several therapists on a 'time share' basis. To check availability/book, please contact the person listed for the therapy you want.

## 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 can 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](mailto:margaret@thelofttherapies.com)

Price: 1 hour £30, ½ hour £20



## Holistic Facial Massage

This wonderfully relaxing facial massage can be considered both a beauty treatment and a therapy. It combines the best elements of different massage styles, from the Indian and Chinese traditions to Ayurvedic marma work. Brought together they create a relaxing treatment which encourages blood flow to the head and face, benefiting muscles and encouraging the removal of toxins.

The shoulders and neck area are treated first as this is where most of us carry tension, then the massage moves on to include the whole of the facial area and scalp. The massage offers an energetic element which encourages energy flow and balance, followed by gentle stimulation of the face and scalp, to increase relaxation and blood flow, followed by light drainage to encourage the removal of toxins and "puffiness".

### For an appointment/further info

Call Katharine Waller 01977 678593 email [katharine@thelofttherapies.com](mailto:katharine@thelofttherapies.com)

Price: Holistic Facial Massage only £25

Face Massage and Dosha Face Mask at the same appointment £35

## Face Mask

Your face massage can, if you wish, be followed by a natural 'Ayurvedic' face mask to suit your dosha. Ayurvedic traditions say that everything is made up of five elements which are air, water, earth, fire and space. There are three elemental energies, or doshas, within the human body; vata (air and space), pitta (fire and water) and kapha (water and earth). An equal balance of all these within the body is essential for health and, equally, an imbalance among the doshas is thought to cause illness or lack of wellbeing. Before your face mask, you will be asked to complete a brief questionnaire, so that the ingredients of your face mask can be chosen to restore your natural healthy dosha balance. And whether you live within the Ayurvedic tradition or not, you'll find this face mask a relaxing and restorative experience.

Each mask is created from natural elements and each one is different. Yours might include rose water, oatmeal, honey, therapeutic clay, yogurt, brown sugar or a variety of other fresh ingredients. It is a calming and nurturing treatment and can be beneficial in many ways.

### For an appointment/further info

Call Katharine Waller 01977 678593 email [katharine@thelofttherapies.com](mailto:katharine@thelofttherapies.com)

Dosha Face Mask only £15, Face Massage and Dosha Face Mask at the same appointment £35



## Hand and Foot Luxury Treatments

This treatment is an amazingly relaxing experience, combining massage techniques from a number of different traditions to create a wonderful sense of stress reduction and calm. The most common response from those experiencing this massage for the first time is 'I never realised how relaxed I could be, simply by massaging my hands'. Aromatherapy oils are chosen to suit your mood or preferences. These are combined with a soothing and moisturising cream to massage the hands and lower arms or the feet and lower legs.

You can also, for a small extra charge, book an aromatherapy blend consultation to be held alongside your massage. This involves time spent looking at your personal needs and circumstances in detail, then using these to create a unique blend especially for your massage treatment.

Whether you choose to use one of our 'standard' recipes or to indulge yourself with a personal blend, you will be able to take home a small sample of cream at the end of your session. Further supplies may be purchased in 25 ml and 60 ml jars, or as bath oils or room sprays.

### For an appointment/further info

Call Katharine Waller 01977 678593 email [katharine@thelofttherapies.com](mailto:katharine@thelofttherapies.com)

Price: Luxury Hand or Foot Massage £15,

Hand and Foot Massage at the same appointment £25

Personalised Aromatherapy Blend Consultation with a massage £5 extra

Personalised Aromatherapy Blend Consultation only £10

## Hopi Ear Candling

The candles work on a chimney principle, drawing any impurities to the surface where they can be gently removed. They equalise the pressure in the head and ears, making them suitable for most conditions. Secretion flow is gently stimulated and the vapour collects and removes impurities or deposits. Most of these are carried away through the candle "chimney", although some of them can be found in the condensed candle wax residue after removal from the ear, or could even work their way up to the surface 24-48 hours after

You are asked to lie comfortably and listen to relaxing music. The candle is then gently placed into the auditory canal, where it is lit. This is held in a vertical position.

You will experience a pleasant crackling sound as the candle burns and a warm comfortable feeling. The candle is then taken away while you lie there for a few moments before turning over to treat the other ear. Most clients find the whole experience very relaxing. Some fall asleep during treatment

### **For an appointment/further info:**

call Jilly Middleton on 0799 917 3939 or email [jillym80@gmail.com](mailto:jillym80@gmail.com)

Price £20.00



## Hot stone massage

This is a specialty massage where the therapist uses smooth, heated stones, either as an extension of their own hands, or by placing them on the body while they massage other parts of the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly

The benefits of the hot stones massage

Releases toxins from your body. When muscles are massaged, toxins that are clogged within are released. This is why, it's advised that clients drink plenty of water after a session to help flush out those unhealthy and unwanted toxins.

Relieves pain. Manipulation of muscles can significantly reduce muscle spasm and give comfort to painful muscles so those who suffer from back pains or muscle aches often go for this therapy

Allows better sleep. It's really hard to get a good quality sleep when you're over fatigued. With the relaxation you get from this therapy, it makes it easier for you to doze off into a deep sleep which your body needs to recuperate from daily fatigue. This is why people who have Insomnia are often advised to get this therapy.

Effective in muscle relaxation. The heat in the stones is effective in enabling the muscles to loosen up and relax. This makes it easier for deep tissue manipulation.

### **For an appointment/further info:**

call Jilly Middleton on 0799 917 3939 or email [jillym80@gmail.com](mailto:jillym80@gmail.com)

Price £30.00

## 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](mailto: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](mailto:littleoaktherapies@yahoo.co.uk)

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

## **Manicure and Pedicure**

Basic file and polish (hands or feet) £7.50 / Both £12

Manicure or pedicure (massage, file and polish) £15 / Both together £25

Aromatherapy manicure or pedicure (massage with essential oils\*, file and polish) £20  
Both together £35

\*Normally one essential oil is chosen, it is possible to combine these with a personal aromatherapy blend consultation, for an extra £5.

### **For an appointment/further info**

Call Katharine Waller 01977 678593 email [katharine@thelofttherapies.com](mailto:katharine@thelofttherapies.com)



## **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](mailto:margaret@thelofttherapies.com)

Price: 1 hour £30, ½ hour £20

## Quantum Touch

When receiving QT clients may experience the spontaneous realignment of bone and tissue, (without any manipulation from the therapist). QT is also able to help the client to release pain, stress and emotion and accelerate healing. Many clients believe that QT has helped them to achieve a sense of balance, peace and well-being.

Quantum-Touch involves a very gentle touch where the client remains fully clothed throughout the session. Each session is quite unique as the therapist works on the areas of pain or imbalance and these places may change throughout the treatment.

### **For an appointment/further info:**

call Jilly Middleton on 0799 917 3939 or email [jillym80@gmail.com](mailto:jillym80@gmail.com)

Price £25.00



## 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](mailto: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](mailto: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](mailto: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](mailto:littleoaktherapies@yahoo.co.uk)

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



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## Loft Gift Vouchers



- are redeemable against any of our therapies or hand blended products only\*
  - can be purchased for any amount
  - remain valid for six months
  - make an ideal gift for any occasion