

These are some of the many common symptoms that can be helped with Holistic Therapies



Arthritis	Menstrual Problems
Anxiety	Migraines
Asthma	Muscular Pain
Backache	Nerves
Bronchitis	Phobias
Common Cold	PMS
Depression	Sinus Problems
Earache	Stress & Worry
Endometriosis	Tiredness
Fatigue	
Hay Fever	
Headaches	
IBS	
Insomnia	
Joint Pain	
Low Energy Levels	

Holistic therapies can be used in conjunction with but not take the place of conventional medical treatment.

Gentle therapy
for not so gentle
lifestyles

Body

Mind

Spirit

And

Soul

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Diploma in Past Life Therapy
Diploma in Clinical Hypnosis
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gentle therapy for not so gentle lifestyles



Indian Head Massage
Auricular Therapy
Holistic Massage
Aromatherapy
Reflexology
Reiki
Hypnotherapy
Past Life Regression

mobile

Holistic Therapy



Judy Melissa Harrison

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Mobile Therapies

Holistic Massage

Using various manipulations of the soft tissue massage can improve circulation, help to eliminate toxins from the body, aid the lymphatic system and calm the nerves. It has the ability to relax or stimulate the body and mind.

A beneficial and enjoyable treatment.

Aromatherapy

Similar to Holistic Massage but with the added benefit of therapeutic properties of Essential Oils. Research confirms that the aromatic qualities of the oils affect the body's organs, moods and the emotions. The effects can be Relaxing, Stimulating, Detoxifying or Balancing which in turn can create feelings of well-being, reduce anxiety and lower stress levels. I am qualified in the use of 18 essential oils and all blends will be tailored to the client's specific needs.

Restores the harmony of body and mind.

Reflexology

An ancient healing system, using the nerve endings in the feet and benefits all ages. Induces deep relaxation enabling the body to increase circulation which aids elimination of toxins and improves energy levels.

Relaxes and revitalises.

Indian Head Massage

A truly "holistic" therapy that helps to balance the mind, body and spirit and counteracts the stress and strain of modern day living. It has far reaching effects on every system of the body and promotes a general sense of mental, physical and spiritual well being.

An extremely relaxing, spiritual experience.

Mobile Therapies

Auricular Therapy (HOPI EAR CANDLES)

An ancient and natural therapy which induces a very gentle warmth that soothes, relieves, relaxes and helps clear the ears and sinuses.

Excellent for Glue Ear and balancing the ear pressure prior to and after air travel.

Reiki

(pronounced Ray-Kee)

A system of healing that originated in Japan and although spiritual in nature is NOT a religion. The existence of "life force energy" has been verified by scientific experiments. It plays an important part in the functioning of our immune system and therefore aids the healing process.

Reiki is a gentle, ancient, holistic healing method that treats the whole person on all levels and aids the healing of pain and symptoms of the Mind, Body, Spirit and Emotions. There is very little physical contact with the body and the client remains fully clothed at all times.

A calming and uplifting experience.

Past Life Regression

Have you every felt a fascination for a certain era or experienced Deja vu? Have you wondered why you suddenly develop fears or phobias. Or, have you recognised a stranger? Using hypnosis it is possible to unlock the memories of past lives, in a safe and comfortable way, releasing the binds through time and helping you to understand why you do the things you do.

Price List

Holistic Massage (Full Body incl. Face)	60 mins	£30
Back, Neck and Arms	30 mins	£20
Aromatherapy	75 mins	£40
Reflexology	45 mins	£25
Reiki	60 mins	£30
Indian Head Massage	45 mins	£25
Auricular Therapy	45 mins	£30

Please allow an additional 20 minutes for first Consultation.

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FIRST TREATMENT

10% OFF

Phone for an appointment