



Ruth Smith

HOLISTIC THERAPIST

THERAPY PRICE LIST

Aromatherapy Massage Full Body	£30.00
Back, Leg and Arms	£25.00
Back and Leg	£22.00
Back, Neck and Shoulders	£18.00

A gentle massage using essential oils, which can be blended to treat particular ailments or stress relief. Wonderfully relaxing. A bottle of pre-blended massage and bath oil will be given to you after each treatment to help any conditions and relax you between treatments.

Reflexology	£20.00
Hot Stone Reflexology	£25.00
Vertical Reflex Therapy	£20.00
Reflexology with Vertical Reflex Therapy	£35.00

Reflexology is an extremely relaxing and non-invasive way to harmonize the body's functions through the feet. Vertical Reflex Therapy is performed mainly on the top of the foot. We can also teach you some self help techniques to use at home between treatments.

Each Reflexology Client will receive a jar of soothing aromatic foot gel with their treatment to use at home, together with a self-help sheet to allow you to keep yourself in balance between treatments.

Indian Head Massage	£20.00
----------------------------	---------------

A massage of head, face, neck, shoulders and arms. Can be performed over clothes or using oils onto the skin and in the hair. All Indian Head Massage clients will receive a bottle of oil for use in the hair or bath to help enhance hair condition and relaxation between treatments.

Holistic Facial Massage	£25.00
--------------------------------	---------------

A relaxing massage of the face, head and upper chest using oils. At the beginning of the treatment your skin is gently cleansed and at the end toned and moisturised ready for the outside world. This treatment is wonderfully relaxing and just melts stress away. We will also supply you with a jar of cream to use between treatments to help with keeping your skin in top condition.

Thermal Auricular – Hopi Ear Candles**£20.00**

A pleasant non-invasive treatment of the ears, used to treat a variety of ear conditions and stress. Helps with sinus congestion, colds, compacted ear wax, inner ear problems, hay fever and headaches to name but a few.

Reiki**£20.00****Reiki House Blessing****£45.00**

Reiki is an ancient Japanese form of healing dating back thousands of years. Reiki is a method of working with energy which allows the body to clear itself. This treatment helps to promote relaxation and stress relief. You will receive a free chakra kit with your first treatment.

Hot Stone Back Massage**£22.00**

This relaxing therapy combines the therapeutic values of massage with thermotherapy (heat) to bring wellness and healing to the body. The body is massaged with hot basalt stones to bring about balance and healing. A bottle of pre-blended massage and bath oil will be given to you after each treatment to help any conditions and relax you between treatments.

Indian Face Massage (The Natural Face Lift)**£32.00****Block of 6 treatments****£150.00****Block of 8 treatments****£160.00****Trial first treatment****£15.00**

This treatment is a natural facelift through massage. It is designed to be a gentle non-invasive approach to looking younger. We will also supply you with some facial exercises to do between treatments to continue the good work of the massage and a jar of Under Eye Firming Gel which is extremely popular with all my clients who have tried it.

For the full effect of this treatment it is suggested that you have 8 weekly treatments, followed by a maintenance treatment each month.

Monthly maintenance treatment**£20.00**

As you can see from the above price list we are keen for you to get the most from your time with us and with nearly all treatments we'll give you self-help sheets to use at home as well as complementary products to use in between treatments to ensure you're at your best at all times.

At R.S.Holistics we want to help you as much as possible and we pride ourselves on customer care and satisfaction. We also want to give you good value for money as that's an important factor for everyone. Your health is important to you and us, it is never too late to take control of your life.