



MAISON DE LA VAURE

### **Holistic Therapies**

**Luxury Facial Massage:** Using blends of luxurious essential oils, serums & creams, to boost & uplift the skin. Deep Cleansing, with a gentle but effective ex-foliation therapy, giving a brighter clearer complexion, Mask, Tonic, Serum & Moisturisers. Facial massage techniques throughout. 30 minutes

**Massage:** Releasing the stiffness, knots & tension from the neck, upper, middle & lower back. Ultimately achieving a balance to release the tension gently & effectively, creating a feeling of tranquil calmness & relaxation to the body & mind. 30 Minutes.

If you wish to include the above with a gentle massage to the neck, working the lymphatic's finishing with a massage to the head, forehead, temples, Jaw line & face. 60 Minutes.

Or it can be a more deep tissue workout to include front & Back of legs, taking in the Gluteus & Adductor muscles, calves etc: 60 Minutes.

**Reflexology:** Therapeutic treatment that works on the principle for the whole body. Using deep pressure on reflex points in the feet & legs. Stimulating all the organs & glands, helping to balance their functions, activate the body's natural healing process, boosting the immune system. 60 minutes.

**Indian Head Massage:** Deep scalp, neck, shoulder face massage focusing on acupressure points. Helps alleviate stress symptoms, creating a feeling of calm in the mind & body. 30 minutes

**REIKI Massage:** Complete Relaxation head to toe, gentle body massage, working reflex points to the ears, hands & feet, enabling the focus on core points that come to light as the treatment progresses. A rejuvenating & enlightening treatment for complete well-being. 60 Minutes.

**REIKI Treatment:** The whole of the body, fully clothed, this treatment feels like a wonderful glowing radiance flowing through & around you, it treats the body, mind & spirit, beneficial effects of relaxation, feelings of peace, security & well-being. 30 or 60 minute sessions

**Hand Therapy:** Soft muscle relaxation technique, pamper & soothe hands & arms, working with points in your fingers, palms, top & underneath. Skin feels soft, relaxed & rejuvenated. 30 minutes

**Foot Therapy:** Treatment as above but all over your feet & legs leaves you feeling like you are "walking on air". 30 minutes.