



The Reiki Connection Fr

Cher Brunsdon Holistic Therapist at “The French Retreat”



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Massage: Releasing the stiffness, knots & tension from the neck, upper, middle & lower back. Ultimately I look to achieve a balance of releasing tension as gently but effectively as possible creating a feeling of tranquillity, calmness & relaxation to the body & the mind. When the back is complete I ask the client to turn over onto their back, placing their head on to a pillow & proceed to gently massage the neck, gently working the lymphatic's finishing off with a gentle massage to the head, forehead, temples, jaw line and face. 60 Minutes

Reflexology: A therapeutic treatment that works on the principle the whole body is represented by reflex points from the feet, working with deep pressure points. Stimulating all the organs, glands & helping to balance their functions, activate the body's natural healing process & boost the immune system. 30 to 60 minutes.

Indian Head Massage: A deep scalp, neck & shoulder massage focusing on acupuncture points. Helps alleviate stress symptoms & create a feeling of calm in the mind & body. 30 minutes

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

Hand Therapy: Soft muscle relaxation technique, pamper & sooth your hands & lower arms, incredibly beneficial, working with certain points in your fingers, palms, top & underneath. Hands feel soft, relaxed & rejuvenated. 30 minutes

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

Luxury Facial massage Using a beautiful blend of luxurious essential oils, serums or creams to boost and uplift your skin. Deep cleansing, with a gentle but effective exfoliation therapy for a brighter clearer complexion finishing with a tonic, serum & moisturisers. 30 minutes

Prices: 30 minutes €45.00 60 Minutes €65.00