

Michelle Coxhead Holistic Therapies at Haven Wellbeing Centre

Facial Reflexology: focuses on pressure points on the face, which help stimulate the body's healing mechanisms and bring balance to the entire body. Uplifting massage promotes the production of new skin tissue and improves skin tone.
45 minutes.....£35

Foot Reflexology: focuses on the pressure points of the feet that relate to the systems and organs of the body to create emotional and physical balance.
60 minutes.....£30

Facial/Foot Reflexology combo: a blissful treatment that combines both facial and foot reflexology.
90 minutes.....£55

Holistic Facial/Indian Head Massage combo: helps to eliminate toxins, relieve tension and stimulate lymphatic drainage. It promotes blood flow and oxygen to the face, thereby increasing collagen production, which helps give a more youthful appearance if performed regularly.
50 minutes.....£35

Rose Quartz Crystal Facial: A facial like no other! Includes a cleanse and exfoliation, aromatic hot towels and face mask using Neal's Yard products. Chakra balance, facial massage using rose quartz wands. Neck, upper chest and shoulder massage using rose quartz palmstones. Finishing with a scalp massage.
60 minutes.....£35

Indian Head Massage: has been used in Asia for over 5,000 years and works specifically on the head, scalp, face, neck, shoulders and upper back.
45 minutes.....£25

Swedish Body Massage: using pre-blended oils to promote deep relaxation or invigoration according to your needs.
60 minutes.....£30

Back and shoulder massage · A Swedish massage that eases stress and muscular tension in the back area. Great for when you require some much-needed relaxation but are short on time. It improves circulation, muscle tone, boosting lymph and blood circulation to aid detoxification.
30 minutes.....£25

