

Ann Hughes Natural Health and Wellness

07868 036678

ladyannmaree@gmail.com

Hello! My name is Ann Hughes. I qualified as a state registered nurse in 1978 and I have qualified in a number of complementary/holistic therapies since I first discovered reflexology in 1989, working professionally in this field since 1992.

Let me help you to relax and de-stress using my wealth of experience to take you to a place of tranquillity and peacefulness with the following treatments:

Aromatherapy Lymphatic Drainage Full Body Massage - £65 (1hour)

Aromatherapy Back Massage - £40 (30 minutes)

Aromatherapy massage is a gentle massage of the whole body or back. It is a lymphatic drainage massage which means that it massages the lymph glands to help clear them and strengthen the immune system. The addition of pure organic essential oils to the massage oil allows most health conditions to be treated with this method and the feeling of well-being following an aromatherapy massage is virtually impossible to achieve from any other therapy.

Ayurvedic Facelift Facial (no oils or lotions used) – £55 (50 minutes)

Ayurvedic Facelift Facial as above followed by a facial using pure natural ayurvedic oils to cleanse, tone, nourish and hydrate your skin naturally.

Treat yourself to something special! - £70 (1hr15minutes)

Ayurveda has been practised for more than 5000 years and is the oldest system of medicine known. It was written by the sages in India and has influenced many medical systems. It means Science of Life.

Ayurveda gives a lot of importance to Massage. Ayurvedic Face Massage acts as a natural face lift, helping to prevent wrinkles, tone the skin and improve the appearance of the skin. It is a gentle face massage that relaxes the facial muscles and stimulates the Marma (energy) points which helps to remove physical and emotional energy blockages.

Indian Head Massage – with or without the use of oils - £40 (25 minutes)

Working in an office, or at a computer, can give rise to neck pain and eye strain plus reading, studying and driving can all keep our heads and necks in uncomfortable, un-natural positions for long periods of time.

Indian Head Massage is a wonderful remedy for this. It is also excellent for keeping hair in good condition and for stimulating hair growth due to stimulation of the circulation to the scalp.

Reflexology – 1 hr - £55

Reflexology is a completely natural method of healing that is non-invasive and simple. Our feet can be seen as a mini map of the body – all the structures and organs of our bodies are reflected in miniature on our feet. Reflexology is one of the best ways to keep yourself in top condition. It seeks out the cause of any health problems giving you an incredible sense of well-being, leaving you feeling totally rejuvenated and recharged.

Reiki – 1 hr - £55

Reiki is a modern approach to an ancient healing method that was rediscovered in the 19th Century by a Japanese doctor called Mikao Usui. Reiki translates as Universal (Rei) Life Force Energy (Ki).

Our bodies are made up of energy systems, and our brain is constantly firing electrical signals to allow us to breathe, move and live our lives. When our bodies energy systems are out of balance it causes disharmony and dis-ease within the body. Reiki is a method of shifting and balancing that energy. Very relaxing and non-invasive.

Specialist Back treatment - £55 (1 hour)

Back Massage plus 30 minutes Reflexology on appropriate back points.
Brilliant for relieving back, neck and shoulder tension, aches and pain.

The Ultimate Stress Buster Experience - £120 (2 hours)

This blissful **2 hour** treatment starts with a relaxing Aromatherapy Back Massage, followed by a 30 minute Ayurvedic facial treatment (no oils or lotions used). Next an hour session of your choice of Reflexology or Reiki will complete the experience leaving you totally zoned out!

Relaxing. Recharging. Rejuvenating.

ALL MY TREATMENTS ARE SUITABLE FOR MEN AND WOMEN.

Payments accepted by cash, card or bank transfer

20% non-refundable deposit to be paid at time of booking

