

Treatment Information

- All treatment times are approximate and include a full pre and post consultation, preparation time, rest and changing
- If you are unsure about what you would like can I recommend that you book a time slot and I help you able to decide what would work best for you right now!
- It is best to shower before all body treatments and do not wear any perfume that day
- Try and leave having a shower or bath for 4-8 hours after the treatment to enable it to take affect
- I may advise against a particular treatment based on the results of your Personal Profile and will recommend what is best for you.



THE WELLNESS CLINIC

ANN EDWARDS & CO.

Holistic Therapist &
Consultant

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REST • RELAX • REJUVENATE

My Goal is to provide you with some time out to focus on what is important to you in your journey, e.g. to lose weight or recharge and feel great about yourself again.

My Aim is to tailor your requirements to help unravel the stresses and strains of modern day living & release your ability to revitalise yourself.

Rest, Relax, Rejuvenate

A range of person centred therapies applied separately or as an unique combination

- Detox. Massage to assist with weight loss and well being
- Reiki, hands on Healing
- The original LaStone Therapy to provide mind, body and spirit balance and exercise to the circulatory system.

Treatment Offers

- A 30 minute treatment, working on one main area is £30
- A 60 minute treatment, tailored to your specific needs with a combination of firm or soft massage, reiki plus life style hints and tips is £40
- A 90 minute treatment including hot and cold thermodynamic stones is £65(December onwards)
- Please arrive 15 minutes early to register in Reception and to complete your confidential Personal Profile, before meeting Ann
- After your treatment you are invited to relax and enjoy a cup of herbal tea or a glass of filtered water
- 24 hours notice must be given for cancellations or changes to your appointments, if not a full charge will be made
- A course of treatments can be booked at a special rate
- Payment by cash or cheque.

Some background to the therapies

Reiki

This is a hands on therapy, you can be fully clothed and Ann uses 'universal life energy' to open up your own healing channels to hit the spots where you most need the help. You should experience a deep sense of relaxation, and calm reassurance and perhaps some tingling and warmth.

Detox & Well Being Massage

Ann will use 100% pure & natural therapy oils...from the soles of your feet to the crown of your head Ann's unique approach will ease tired and aching muscles, cleanse your body of toxins, awaken your circulation system and give you more body confidence

LaStone

This is a more penetrating full body massage with heated ancient basalt stones and cold marble stones applied to the chakras or energy points in the body. A very powerful and deep relaxation occurs...wonderful!