

Reiki

Reiki is a simple, practical hands on healing technique. Access the universal life energy of reiki and feel its power to bring peace and balance to mind, body and spirit.

Full body healing

1 hour £35.00



"Healing is a matter of time, but it is also a matter of opportunity"

Hippocrates
(377 - 760 BCE)

Crystal chakra balancing

This balances the seven major energy centres or chakras, of the body. By using selected crystals to be placed on or above these areas energy flow is restored while you simply lie back and relax.

45 mins £30.00

Ear piercing

Ear piercing £11.00

I have been a practicing therapist since 2005 specialising in holistic treatments. Holistic meaning 'whole' I take into account your occupation, lifestyle and health.

I offer a wide range of treatments each specifically adapted to meet your needs and preferences.

Enjoy a friendly and professional service in a tranquil setting. Feel safe and relax, just let yourself go and embrace the feeling of total wellbeing of Mind Body and Spirit...

The Essence of Holistic Therapy.

Gift vouchers

Treat someone special. Available for all treatments, please ask for details.

Vouchers £5 & £10 available

Cancellation/booking policy

If for any reason, you need to re-arrange your appointment, please let me know no later than 24hrs beforehand.

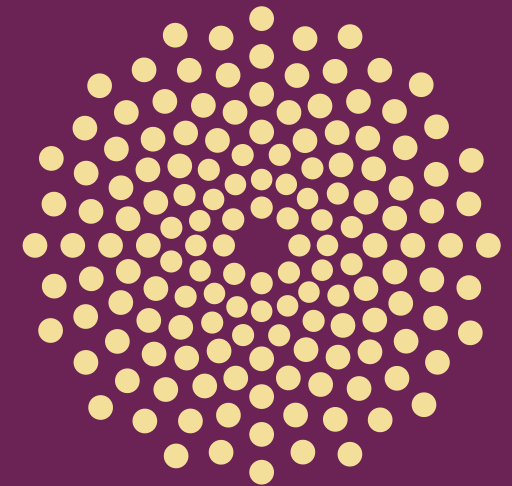
Less than 24hrs notice will incur a 50% fee of the cost of the treatment booked.

A failed appointment will incur a fee of the total cost of the treatment booked.

Caron Morris, fully certified practitioner and fellow of the International Council Of Holistic Therapists and Reiki Master.

Contact

Call: 07879 061 556
Email: caron@lumaholistic.com
Web: www.lumaholistic.com



LUMA

Holistic Therapies

Swedish body
massage
Aromatherapy
massage
Hopi ear candling
Indian head massage
Reflexology

Aromatherapy massage

A deeply relaxing body massage using a therapeutic blend of essential oils. Incorporating muscular and neural techniques to totally soothe and destress mind, body and spirit.

Back, neck & shoulders

45 mins £30.00

Full body

1 hours 30 mins £50.00



"The wish for healing has always been half of health"

Seneca
(4 BCE - 65 AD)

Swedish body massage

A deep stress relieving body massage that stimulates and detoxifies. Releasing knots of tension, it leaves you feeling refreshed and rejuvenated.

Back neck & shoulders

45 mins £30.00

Full body*

1 hour 15 mins £45.00

* A full body massage includes the legs, abdomen, back, chest, shoulders, neck, arms, hands and feet.

Indian head massage

Traditional Indian head massage is a holistic therapy to promote clearer thinking and concentration. Recommended for sufferers of tension headaches and migraines as it focuses on the scalp, face, neck and shoulders. The treatment can be received lying down.

1 hour £35.00



Deep remedial massage

This incorporates many techniques to work into the deep muscles, removing deep seated areas of pain. Recommended for muscular injuries & sufferers of long term pain.

45 mins £35.00

1 hour £40.00

Stress busters

20 - 30 min stress buster massage to target those areas of tension, be it lower back, neck shoulders or feet.

20 mins £20.00

30 mins £25.00

Reflexology

This ancient therapy, working on the reflexes on the feet, which directly correspond to all parts of the body. It relieves blockages, creating balance and brings the body into harmony.

1 hour £35.00

Aromatherapy facial

Pamper yourself with this balancing, soothing treatment includes: cleanse, tone, exfoliate, face mask and massage with essential oils to compliment your skin type.

45 mins £30.00



Aquadetox

The easiest detox you'll ever experience. A special footspa treatment to remove toxins from the body. Resulting in renewed energy levels a general feeling of well-being.

45 mins £30.00

Includes a foot massage.

Thermo-auricular therapy

Better known as Hopi ear candling

The candle creates a light suction effect and a vacuum is created within the ear. Inducing a feeling of balance of pressure within the ears and sinus. Helpful for earache, sinusitis, headaches and many other ailments. Suitable for children. An excellent pain free alternative to syringing.

45 mins £30.00