

Soothe your Senses in:

THE HOLISTIC SANCTUARY

The Colchists of Culture

- *Reiki - For stress reduction and relaxation that also promotes healing.*
£15 - 15mins
£30 - 30mins
- *Thai Foot Massage - Helps to improve circulation and remove toxins* £30 - 30mins
- *Thai Hand & Foot Massage - Deals with major energy lines that run through the soles of the feet and hands* £45 - 60mins
- *Thai Hand Massage* £20 - 15mins
£30 - 30mins
- *Body Detox - Leaves you feeling rejuvenated and more energised* £30 - 30mins
- *Shiatsu Massage - (first session 1hr.15mins)* £55- 60mins
- *Face-lift Shiatsu*
- *Pregnancy Shiatsu*

A physical therapy that supports and strengthens the body's natural ability to heal and balance itself.

- *Energy Balancing & Clearing* £30 - 30 mins
- *Emotional Cord Releasing* £30 - 30mins
(Both together) £45 - 45 mins
- *Crystal Healing* £30 - 30 mins
£45 - 45 mins
£55 - 60 mins
- *Chair Massage* £15 -15 mins
£30 - 30mins

Call us today: 07856 000 993

find us at: *The Colchists of Culture*
21 Sydenham rd SE26 5EX

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- *Indian Champissage* - works on both physical and mental levels of the individual receiving the treatment by working the areas most vulnerable to stress and tension. £30 - 30 mins
- *Shirobhyanga* - which includes the use of Ayurvedic Oils £40 - 45 mins
- *Thought Field Therapy* - When TFC is applied it addresses fundamental causes, balancing the body's energy system, and allows you to eliminate most negative emotions or fears within minutes. £30 - 30mins
£50 - 60mins



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