## Reflexology

Reflexology is complementary therapy which uses hands only to apply pressure to the feet in order to encourage healing, helping to restore and maintain the body's natural equilibrium. Relexology is a deeply relaxing treatment, which helps to reduce tension and relieve stress.

Reflexology with consultation	£35
There after	£33

## Hopi Ear Candles

An ancient natural therapy used by the Hopi Indians.

A safe, relaxing removal of ear wax. Relieves irritations of ear wax and sinusitis. Regulates pressure caused by headaches and migraines. Carefully made by hand the candles contain honey extracts, essential oils of Clary Sage, St. John Wart and Chamomile. The treatment includes a gentle head massage.

From £34

## Collagen & Botox

Our visiting consultant anesthetist from Monmouth Hospital offers the following minor cosmetic treatments:

- Botox injections. It is useful for the removal of fine lines, wrinkles and
  expression lines, particularly around the eyes and forehead.
- Collagen injections. There are various types for lip enhancement and for plumping out fine lines and wrinkles.

Both of these procedures can last up to six months. We have a clinic at monthly intervals. Please contact us for a free consultation.