



HEAVEN & EARTH

It all starts with snuggling under a blanket...

Using beautiful crystals and stones this is a truly lovely facial and reflexology treatment with a twist...

This whole body experience brings in energy work, using hot and cold stones to bring about a deep sense of relaxation and wellness.

Stress is currently one of the biggest health problems, and this treatment aims to reduce stress, ease anxiety & depression, enhance the ability to relax and get the head and heart back in sync whilst keeping you grounded.

Releasing the Core

Tension held deep within the core is eased with a spinal layout; warm basalt stones cocoon the muscles along the spine; as you sink into the thermal energy from the stones, they relax and gently work on releasing the muscle and calming the nervous system.

Focusing on your breath we prepare the body to allow energy to be released as well as received during the treatment, connecting the energy from head to toe, warmed stones and crystals are carefully placed in sequence along your chakras.

Rest your eyes as you feel yourself start to unwind and let go whilst the stones weave their magic..

Heaven:

Using natural products from the award winning Natural Spa Factory, a relaxing facial starts to unpick the tension. A beautiful face sculpting rose quartz massage softens the muscles of the face, neck and shoulders, lifting & toning the skin to increase relaxation.

A pure rasul mud clay mask is applied to draw out impurities, remove dead skin cells and leave the skin purified and feeling very soft and plumped !

We then turn our attention to your feet.

Earth:

A nourishing sweet neroli & mandarin olive stone scrub is used to prepare the feet for stone sole massage. Warmed basalt and rose quartz is used to give you a deeply relaxing and highly effective reflexology treatment targeting your body's needs.

Reflexology is a gentle therapy that encourages the body to balance and heal itself, points on the feet (reflexes) mirror the internal health including emotional health, these reflexes are worked with stones to enhance the experience. Rose quartz wands are used in the final part to balance and link areas of the body which need a little extra help.

Finishing Touches:

The mask is removed and moisturiser applied, the chakra placement is gently lifted and a closing spiral is applied to 'seal' the energy.

Deliciously chilled white jade wands are used on the sinuses to softly bring you back to reality.



What to wear for this treatment; Can be carried out fully clothed with just the removal of socks. For best results I would ask you to remove the top half to allow massage to the neck, shoulders and décolletage, and remove the bra so that the stones don't press against the clasp.

Facial Products; Whilst all products used are natural, if you would like the vegan friendly option, please advise prior to treatment commencing.

Why Rose Quartz and White Jade..

Rose Quartz is reputed to be the stone of unconditional love and peace, it is the most important crystal for the heart and the heart chakra. It brings deep inner healing and self-love. It is calming and reassuring, and it helps to smooth the complexion.

White Jade is said to remove toxins and balance the fluids within the body, it directs energy in a constructive way filtering distractions and aiding decision making.