

# THE RETREAT

Beauty and Holistic centre



## *Crystal Healing*



*£40 for 1hr, a deeply relaxing meditative treatment that will help you to address your physical, emotional and spiritual wellbeing.*

Holistic Healing Therapies are based on balancing our physical, emotional and mental bodies. Holistic is the Greek word for 'holos' which means 'whole' and this is how we aim to treat each person, completely, mind, body and soul. Crystals and aromatherapy oils have an intense energy and their properties can be matched to an individual's situation to provide a deeply relaxing experience. After careful consultation crystals will be selected for your situation. They will be placed on the 7 chakras of the body whilst a relaxing head, hand and arm or foot and leg massage is performed using aromatherapy oils again with properties to suit your needs. We will then cleanse the body using sage and finish with a card reading x

Crystal Healing is now at  
The Retreat.  
Please call 01371 878989 to book