

# Summerhouse Holistics



## *Treatment list*

HOLISTIC THERAPY FOR YOUR BODY AND  
MIND



5 Wynthorpe Road, Horbury, Wakefield, WF4 5BB

[www.summerhouseholistics.co.uk](http://www.summerhouseholistics.co.uk)

# 01 *Welcome to the summerhouse*

Summerhouse Holistics was established in 2012 after I made the decision to switch careers following the birth of my first daughter. Following the arrival of my second daughter in 2013, my resolve strengthened to find a career that would enable me to fulfill my dream of helping others while also allowing me precious family time with my girls.

Throughout the years, Summerhouse Holistics has evolved and expanded, and I have had the privilege of treating many amazing clients, some of whom have been with me since the very beginning.

Holistic therapy offers numerous opportunities for us to regain control over our health and well-being, empowering us to take charge of our wellness. My goal is to deliver professional and personalised treatments in a relaxed setting where I encourage you to place your trust in me as we journey toward wellness together. I am passionate about supporting each of you through life's challenges, helping you heal when needed, and inspiring you to live life to its fullest.



*Paula x*



# *Policies*

## A few important points.....

### Cancellation

I understand that sometimes plans change; however, I kindly request that at least 24 hours notice is given if you are unable to attend. This allows me to try and offer the appointment to someone else. Missed appointments and cancelled appointments with less than 24 hours notice will incur the full cost of the treatment. If you arrive late to an appointment, the treatment will be provided in the remaining time available and charged at the full price.

### Treatment time

Treatment times are inclusive of consultation, aftercare advice, payment and changing and are not indicative of hands on therapy time. Consultation is often done in advance to ensure maximum time is given to the treatment on the day.

### Behaviour

The client/therapist relationship is strictly professional. Inappropriate behavior or language will not be tolerated; failure to comply will lead to the immediate termination of the treatment and you will be required to pay for the full session.

### Contraindications

Before the initial treatment, a comprehensive medical history is gathered. If you have a condition that poses a contraindication, the treatment cannot proceed. In some cases, permission from your GP may be required before beginning. If you have any uncertainties regarding your condition, please feel free to contact me for advice.



# *Treatments*

*A personal service designed  
just for you*

All treatments can be adapted to suit your needs so if you require something specific or have any questions about the treatments please do not hesitate to contact me for advice.

## **AROMATHERAPY FULL BODY**

60/90mins

£60/80

*Harnessing the power of essential oils, this luxurious massage will ease tired muscles, reduce stress, boost circulation, nourish the skin and calm the mind. Indulge in a 60 or 90 minute session and leave feeling refreshed and revitalised.*

## **AROMATHERAPY HEAD AND SHOULDERS**

60mins

£55

*Experience a deeply relaxing 60-minute treatment designed to alleviate tension in your shoulders, neck, scalp, and face. A tailored blend of essential oils are used to relieve stress, clear the mind and soothe the nervous system.*

## **AROMATHERAPY BACK MASSAGE**

45/60mins

£45 /£55

*A focused variation of the full body massage, this treatment utilises warming essential oils to relieve tension in the back and shoulders. The 60-minute version also includes a scalp massage for added relaxation.*

## **ABHYANGA FULL BODY MASSAGE**

70mins

£65

*Considered to be one of the most rejuvenating massage therapies in the world; Abhyanga involves the application of warm, herb-infused, dosha-specific oil over the full body using long rhythmic motion to increase the flow of energy (prana).*

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# Massage



**Please note**, the following massages are all seated.

This can be more beneficial for anyone that is uncomfortable lying on their front, for those with dizziness or vertigo and for those that prefer to be upright.

## **ALL ABOUT THE SHOULDERS**

75mins

£60

*Ease those tight shoulders with a combination of acupressure techniques to target trigger points and problem areas paired with traditional massage movements to soothe tired muscles and joints. This calming treatment focuses on your shoulders, neck, arms and scalp, providing you with a sense of complete relief and relaxation.*

## **SEATED ACUPRESSURE MASSAGE**

30/45mins

£28/40

*A condensed version of All About the Shoulders, these shorter massages are perfect for fitting into a busy schedule. Primarily designed for office workers, acupressure massage targets trigger points and muscle tension in the neck and shoulders (and scalp in the 45minute version).*

## **SHIRO ABHYANGA - INDIAN HEAD MASSAGE**

45mins

£45

*'Shiro' is the Sanskrit term for 'head' and 'Abhyanga' means 'oil massage'. This is a traditional Ayurvedic head massage using warm Ayurvedic herbal oils to release tension, improve circulation and remove physical and emotional blockages. The shoulders, arms, neck, face and scalp are massaged with the client in a seated position.*

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Seated Massage



# Reflexology

## **REFLEXOLOGY**

30/60mins

£28/47

*Light pressure is applied to reflex points on the feet to create a feeling of relaxation. The body is enabled to eliminate toxins, release endorphins, reduce stress and revitalise energy. Through this process the body can begin to heal itself and restore to a natural state of balance and well-being.*

## **FERTILITY REFLEXOLOGY**

60mins

£47

*Fertility reflexology is a specialised treatment that enhances reproductive health by applying pressure to specific foot reflex points linked to reproductive organs. It aims to improve blood circulation, reduce stress, and balance hormones, thereby creating a supportive environment for conception. This approach can benefit individuals and couples trying to conceive, as well as those undergoing fertility treatments, by promoting relaxation and overall well-being.*

## **FACIAL REFLEXOLOGY**

30/60mins

£28/47

*Drawing on a combination of Native American techniques and Asian body maps, Facial Reflexology is a wonderful natural way to achieve a beautiful radiant glow and healthier, younger looking skin. This treatment helps to relieve headaches, relax facial muscles, improve skin tone, eliminate toxins and clear congestion in the sinuses.*

## **RESTORATIVE REFLEXOLOGY**

75mins

£60

*Combining the benefits of both foot and facial reflexology, this extended treatment works on a deeper level to create calm and reduce stress, allowing you to relax fully and restore body and mind.*



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## REIKI

60mins

£45

*A deeply relaxing, non-invasive treatment using healing energy to treat the body on all levels - physical, mental, emotional and spiritual. Using the light placement of hands, energy is transferred to create a feeling of inner peace, security and well-being.*

## REBALANCE

75mins

£60

*By combining the healing power of reiki with the calming effect of facial reflexology, this extended treatment works to clear energy blockages and restore positivity, clarity and harmony to the body and mind.*

## BACH FLOWER REMEDIES

30mins

£25

*Bach Flower remedies are used in complementary medicine to relieve ill health by changing underlying emotional issues. Each session includes a relaxed consultation and the mixing of a prescribed remedy to take away for personal use. Consultations are also available online and remedies made available for pick up from the summerhouse.*

## Gift Vouchers

Gift vouchers are available for all treatments and all monetary values. They are valid for 12 months from the date of purchase and can be exchanged for other treatments of the same value or used as part purchase towards a treatment of higher value. Vouchers can be purchased online or at the summerhouse.

# Holistic



*Get in touch.....*

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I hope to see you soon

