



## **HOLISTIC TREATMENTS**

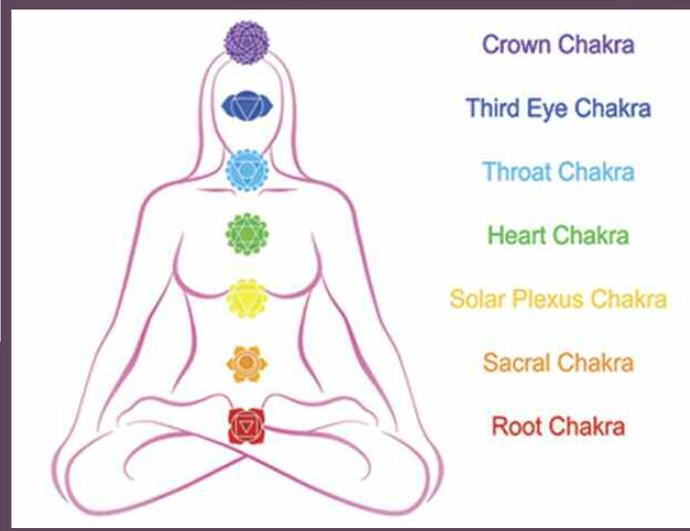
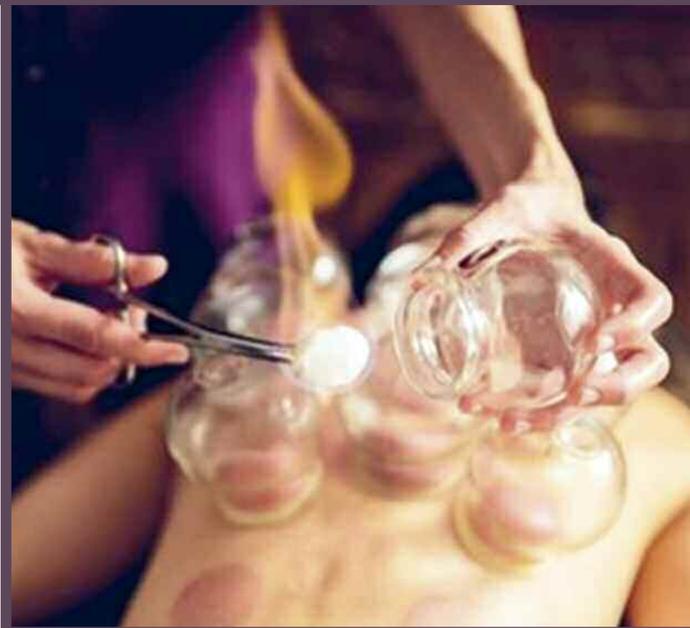
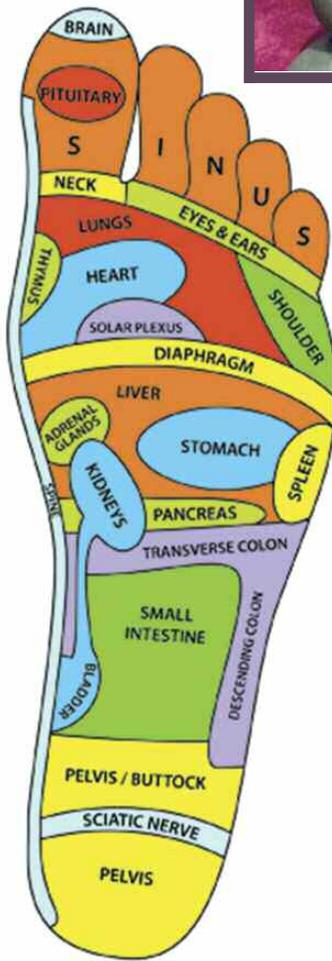
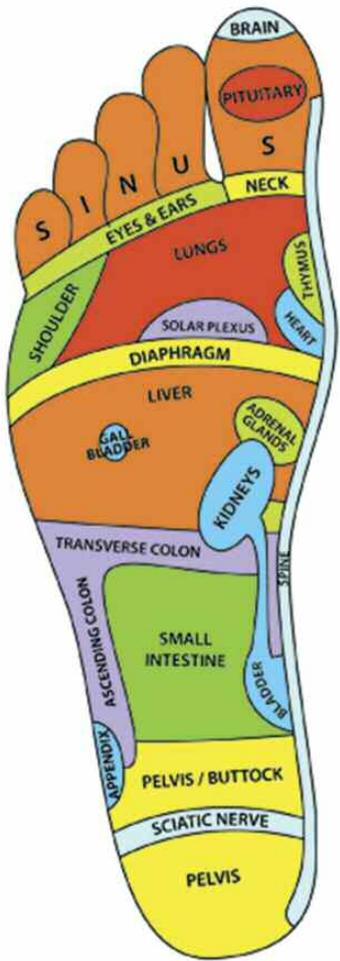
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## INTRODUCTION

What does Holistic mean?

Holistic Therapies have been around for thousands of years and were commonly used in ancient Egypt, China, and India for their therapeutic effects.

Holistic means Care for the whole person, mind, body and spirit.

**MIND** – Our mind is our brain. It is also the part of us that thinks, that is logical, the part that works things out through thought.

**BODY** – Our body is our physical shell.

**SPIRIT** – Spirit is the hardest to define. It is the part that makes us who we are, the part that expresses our uniqueness and the origination of our feelings.

The holistic approach to health differs from the conventional medical approach in that it takes into account the whole person rather than just focusing on the symptom or the part that has the problem.

Holistic therapists believe that the body has a vital force or life energy. It is this force that protects the body from disease and allows it to heal. We often refer to it as the “immune system”. When the balance of the immune system is disturbed we then see the various symptoms of disease.

Holistic therapies aim to help the individual restore the balance, thus allowing the body to heal itself naturally.

## REFLEXOLOGY

Treatment Time: 55 minutes

£45.00

Reflexology is a non-intrusive complementary health therapy, based on the theory that different points on the feet correspond with different areas of the body. Well trained reflexologists do not claim to cure, diagnose or prescribe. Reflexology is a very individual treatment which is tailored to you as a whole person, taking into account both physical and non-physical factors that might be affecting your wellbeing.

The theory is that reflexology helps the body to restore its balance naturally. Usually, after a treatment your tension may be reduced and you might feel relaxed. You might also notice yourself sleeping better and find your mood and sense of wellbeing improving.

With ever increasing levels of stress in everyday life, it is important for people to take more responsibility for their own healthcare needs. Reflexology may be one of the ways to mitigate the stresses of modern life. The therapist will use their hands to apply specific pressures to the feet, followed by massage. You may feel areas of transient discomfort during the treatment, but generally the experience should be relaxing. It is useful to give feedback to the reflexologist as this may show the response of your body to treatment. This in turn might help the reflexologist to tailor a treatment plan specific to your needs. After one or two treatments your body may respond in a very noticeable way. Most people note a sense of well-being and relaxation; however, sometimes people report feeling lethargic, nauseous or tearful, but this is usually transitory and reflexologists believe that it is part of the healing process.

## REIKI

Treatment Time: 55 minutes

£45.00

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words - Rei which means "Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy." A treatment can feel like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. The therapist will place their hands on certain points, including the chakras, and allow the energy to flow through them and into you until they feel it is time to move on to the next point.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

The ability to use Reiki is not taught in the usual sense, but is transferred to the student during a Reiki class. This ability is passed on during an "attunement" given by a Reiki master and allows the student to tap into an unlimited supply of "life force energy" to improve one's health and enhance the quality of life.

## INDIAN HEAD MASSAGE

Treatment Time: 40 minutes      £35.00

Indian head massage incorporates acupressure massage on the head, face, neck and shoulders. It aims to rebalance your body's energies. Indian head massage is an ancient therapeutic treatment that has been practiced in India for thousands of years and is incredibly relaxing. Part of the Hindu health care practice of Ayurveda, Indian head massage is a massage which uses a variety of pressures and techniques that tap into your seven "chakras" or paths of energy and encourage healing and balance in your whole body.

It will relieve aches, pains and tension in your neck, back and shoulders, improve the texture of your skin and encourage hair growth through circulatory stimulation. An Indian head massage also stimulates the flow of lymph in your upper body which will help to clear your sinuses, relieve stress and help you sleep better. And because it can help cure headaches (even migraine!), eye strain and anxiety, an Indian head massage can even help you to concentrate better at work.

## FULL BODY MASSAGE

Treatment Time: 55 Minutes      £45.00

Treatment Time: 85 Minutes      £60.00

A massage using Swedish style movements to promote a relaxing, detoxifying effect through improved circulation and lymphatic drainage. Reduces muscle tension and pressure depths can be discussed with the therapist on arrival. Areas covered are legs, arms, back, neck and shoulders.

## CHINESE FIRE CUPPING

per 25 minutes of back massage      extra £5.00

Working both physically and energetically, Chinese fire cupping has been a part of Chinese medicine for over 2,500 years. The treatment draws the skin, connective tissue and surface muscle into the cup. This method is excellent to aid the removal of toxins and metabolic waste that is trapped within the muscle tissues; this reduces tension drastically. It can also be used in the breakdown of cellulite and to rebalance the body's energy. Because this treatments pulls, rather than pushing like a deep massage, it creates space for the body to heal itself.

## BACK, NECK AND SHOULDER MASSAGE

Treatment Time: 25 Minutes      £30.00

Treatment Time: 40 Minutes      £40.00

Concentrated on the back, neck and shoulder area Swedish massage techniques are used to release tension and help soothe tight, sore muscles, which result from wear and tear or incorrect posture. This massage applies pressure to muscles, in order to increase the blood flow (which brings oxygen) and release toxins from stressed areas.

## HOT STONE BACK MASSAGE

Treatment Time: 25 Minutes      £40.00

Treatment Time: 40 Minutes      £50.00

A back massage incorporating heated Basalt Lava Stones to soften muscles before and after being worked on by the therapist's hands.

## **FULL BODY HOT STONE THERAPY**

Treatment Time: 55 Minutes                      £60.00

Treatment Time: 85 Minutes                     £75.00

The client lies on a couch with heated Basalt Lava Stones placed on it and then has stones placed on their body and is given them to hold. The Stones warm and energise the body. The overall effects soothe and relax muscles, detoxify and ease tension by opening specific energy points on the body; inducing a balanced feeling. The strokes given to the body with hot stones are generally deeper than the average traditional massage movements due to the stones density and heat, with an estimated efficiency ten times that of traditional massage.

## **HOPi EAR CANDLES**

Treatment Time: 25 Minutes                    £30.00

Ear candling, a traditional therapy used by the Ancient Greeks, was popularised by the Hopi Indian Tribe of the American South-West. The original use of ear candles was for aura and spiritual cleansing for purifying. They were used to cleanse and harmonise the different energy fields of the body. Equally they were also used in initiation rituals and healing ceremonies.

Quite different from conventional wax candles, a Hopi Ear Candle is actually a cotton tube, impregnated with beeswax, honey and therapeutic oils, that is painlessly inserted into the ear to draw out impurities and relieve pressure in the head and sinuses. The process involves placing a specially designed hollow candle, as far as is comfortable into the ear canal. The candle is then lit and the resulting gentle suction and vacuum draws the wax and impurities from the ear and produces a

light suction action. This vacuum is caused by the warmed air from the flame and colder air moving through its hollow centre. The movement and compression between the ear canal and the candle chamber generate air flow acting like a chimney. The burning action infuses the herbs and essential oils into a vapour, which is drawn into the auditory canal. This performs a massaging function as well as softening any impurities. A fire crackling sound may be heard and possibly some gentle popping. The rising air gently massages the ear drum and helps to regulate ear pressure. A small amount of ear wax is also removed during the treatment. After each candle has finished burning, the therapist will perform gentle pressures and drainage around the ears and face to encourage released toxins towards the nearest lymph nodes.

Hopi Ear Candles can benefit conditions affecting the head and ears such as sinus congestion, ear noises and excessive earwax. The rising air through the column of the candle and gentle natural movement of the flame serve to gently massage the ear drum. This has an immediate subjective effect of regulating ear pressure. Clients often describe a soothing, light sensation in the ear/head area and a general calming, relaxing effect.

## **DELUXE HOPi EAR CANDLES**

Treatment Time: 55 Minutes                    £40.00

As above but incorporating a scalp massage for added relaxation and to further benefit clients with headaches or stress.



# CREME

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Wednesday	9 - 5
Thursday	9 - 8
Friday	9 - 5
Saturday	8.30 - 4

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