

## New wellness therapies only at Aurora Beauty Clinic, Richard John

### Reflexology (60 min) £70

This holistic healing technique helps to restore and maintain the body's natural balance by working on reflex points on the feet relating to specific parts of the body. Not only deeply relaxing, reflexology helps to alleviate many health problems such as arthritis, migraine and digestive issues. It can also be particularly beneficial in relieving the symptoms associated with plantar fasciitis.

### Reiki (60 min) £70

A powerful yet gentle healing therapy involving hand placement on or over the body to release the blocked flow of universal energy. This deeply relaxing therapy eases stress and anxiety, restoring energy levels which can become depleted through the stress of daily life. It is perfect for those feeling fragile or out of balance – leaving you with a sense of calmness and peace.

### Mindfulness (75 min) £86

Clear your mind, switch off and release tension held in your neck, shoulders, head and face. Gentle breathing practices and specialised massage techniques are combined to promote a deeper state of relaxation. Your treatment concludes with relaxing Reiki techniques encouraging your mind and body to realign, restoring balance and energy throughout. Perfect for those who cannot switch off mentally, have disturbed sleep or hold tension in the neck, shoulders and jaw.



### Mind, Body and Soul (90 min) £90

A completely personalised wellness therapy as individual as you. Starting with an in-depth consultation, your therapist will discuss how best to address your physical and emotional wellbeing concerns. Combining the healing power of Reiki and intuitive massage techniques your treatment will be bespoke to you, focussing on where you need it most. Aimed at creating a deeper connection between mind and body, you will leave feeling relaxed, with a calmer state of mind.

### Head in the Clouds (45 min) £65

Following the Ayurveda method, this treatment will help release the flow of prana (life force) and restore the energy balance throughout the body. Focusing on the central nervous system this soothing massage is ideal if you suffer from tension headaches or migraines. Aromatherapy oils are poured onto the forehead and scalp for a feeling of peace and serenity whilst gentle massage techniques ease tension, improve circulation and stimulate hair growth.

### Thai Qi (60-90 min) £90/£125

Thai Qi is a practice which increases the circulation of Qi (vital energy) in the body. Combining unique massage techniques with herbal poultices, acupressure, and dynamic stretching. It seeks to alleviate muscular pain, aid digestion, and increase vitality. Bringing harmony and balance to the flow of vital energy around the body.

*Please note listed therapy timings are indicative only and are inclusive of consultation and relaxation time.*