

Reflexology

The history of reflexology dates back many centuries, from early illustrations by the Egyptians & ancient texts by the Chinese, we know that they worked on the feet to promote good health. It was discovered in the early 20th C that reflex areas in the feet are linked to other areas of the body.

The whole body is divided into ten longitudinal zones, five on each side of the body. These zones run the entire length of the body. Energy flows through each of these zones & working on a zone by applying pressure with the fingers & thumbs clears any blockages & restores balance.

Benefits of Reflexology

- ☀ Cleanses the body of toxins & impurities
- ☀ Improves circulation
- ☀ Reduces Stress & tension
- ☀ Balances the whole system
- ☀ Revitalises energy
- ☀ Helps pain relief
- ☀ Maintains well being

Indian Head Massage

This massage has been practised in India for over 3000 years. It is a less invasive treatment which is applied through the clothes & can also be applied using essential oils. Originally practised by applying pressure to the face & head, today's techniques include the back, shoulders, upper arms and neck.

This massage can help relieve tension, headaches and eyestrain, relax the body improving sleep patterns & mental fatigue, improve circulation to promote healthy hair growth & more.



Price List



Full body massage	£28 1hr
Back, neck & shoulder massage	£16 30 min
Aromatherapy full body massage	£35 1hr 20
Aromatherapy back massage	£18 30 min
Full body massage with lymphatic drainage	£35 1hr 20
Reflexology	£25 1hr
Indian head massage	£15 30 min
Acupressure massage	£10 20 min

Prices subject to change

Bethany Mobbs IIHHT Holistic Therapist



For more information and to
make an appointment
Telephone: 07771544892

Email: beth@u-escape.co.uk
www.u-escape.co.uk

Available at The Blyth ~ Jex Sports
Centre Constitution Hill

Holistic Therapy

Holistic Therapies are based on treating the person as an individual by taking into account their physical state & emotions. The aim of these treatments is to promote balance, well being & maintain health. Holistic therapies are now seen as a complementary form of healthcare & are becoming increasingly popular today.

At your first appointment you will have a free consultation. This will ensure that you receive an effective treatment.

I have studied Holistic Therapies at the City College Norwich & gained a Diploma in Holistic Therapies. I am a member of The Federation of Holistic Therapists.

Gift vouchers are available an ideal present for birthdays and special occasions.

Home visits are available

The name Bethany meaning : Helper & Healer, Calming influence for all.

Aromatherapy Massage

Aromatherapy is the use of essential oil in holistic treatments to help improve physical and emotional wellbeing.

Essential oils are extracted from plant material & have therapeutic properties. The use of essential oils dates back thousands of years. Oils are selected & blended for your individual needs.

The benefits of Aromatherapy

- ☀ Enhance lymphatic drainage
- ☀ Induce a feeling of deep relaxation
- ☀ Stimulate the bodies immune system
- ☀ Increase blood circulation
- ☀ Increase energy levels
- ☀ Promote general state of well being
- ☀ Calm and soothe the mind
- ☀ Help to reduce nervous tension
- ☀ Help to lift the mood
- ☀ Aid better sleep

Massage Therapy

Massage is the manipulation of soft tissue on the body to promote health & wellbeing. Massage is a form of therapeutic touch that dates back to ancient times. All over the world massage was used to help treat illness and maintain health.

The benefits of Massage Therapy

- ☀ Relaxing & calming
- ☀ Reduce stress, anxiety and tension
- ☀ Increase joint mobility
- ☀ Improve muscle tone
- ☀ Relieve muscular tightness & stiffness
- ☀ Increase blood circulation
- ☀ Help strengthen the immune system
- ☀ Help reduce pain
- ☀ Improve skin tone
- ☀ Stimulate the nervous system
- ☀ Help remove toxins & waste products
- ☀ Treat the body as a whole the mind, body & the soul.