

Sunshine Hands



Holistic Therapies  
at Millbarn

To book please contact Kate directly.

Call or text 07919 424680

Email [kcsunshinehands@gmail.com](mailto:kcsunshinehands@gmail.com)

## Reflexology

50 minutes **£33**

This ancient, holistic therapy uses pressure on specific points of the feet to help treat the whole body.

A rebalancing treatment, which stimulates and supports the body's own healing ability. Includes a soothing foot and lower leg massage.

## Express Facial

30 minutes **£20**

Includes a cleanse, tone, exfoliation, shoulder and facial massage, mask, moisturise and a relaxing scalp massage.

## Luxury Facial

60 minutes **£36**

Deeply relaxing. Includes a double cleanse, tone, exfoliation, shoulder and facial massage, mask and moisturise.

Plus either a hand / arm or foot / lower leg or scalp massage of your choice whilst the mask is working its magic.

## Swedish Massage

The best known form of massage. Relaxes the entire body, eases tension, releases toxins, improves circulation and flexibility. Both relaxing and energising.

Back, Neck, Shoulders 30 minutes **£20**

Back of Body 45 minutes **£26**

Full Body 60 minutes **£35**

Full Body inc. face and scalp 75 minutes **£42**

## Aromatherapy Massage

The therapeutic benefits of essential oils combined with a beautiful massage.

Back, Neck, Shoulders 30 minutes **£27**

Back of Body 45 minutes **£33**

Full Body 60 minutes **£40**

Full Body inc. face and scalp 75 minutes **£45**

## Deep Tissue Massage

Deep pressure is beneficial in releasing chronic muscle tension and pain. Using advanced techniques, the focus will be on your deepest layers of muscle tissue.

Back, Neck, Shoulders 30 minutes **£28**

Back of Body 45 minutes **£35**

Full Body 60 minutes **£42**

## Indian Head Massage

45 minutes **£30**

The massage is seated and includes a pressure point head and scalp massage and deep pressure moves on the upper back, neck and shoulders.

## Hot Stone Massage

A deeply relaxing and calming massage using heated basalt lava stones which penetrate into the deeper layers of muscle allowing the therapist to work deeply without discomfort.

Back, Neck, Shoulders 30 minutes **£28**

Back of Body 45 minutes **£35**

Full Body 60 minutes **£42**