

# Blendit Wellness

## Massages

- full body - 60/90 mins - £60/£90
- back, neck, shoulders - 60/90 mins - £60/£90
- indian head - 40 mins - £40
- swedish - 60 mins - £60

## Gua sha

a treatment that involves scraping a flat jade or rose quartz stone over the skin in upward strokes to relax stiff muscles and promote tissue drainage

- full body - 60/90 mins - £60/£90
- face - £40
- back, neck & shoulders - £45
- feet & legs - £35

## Body brushing

energizes the body, increases circulation and blood flow, and stimulates drainage from the lymphatic system to smooth skin's surface, sweep away flakes and dry patches, and even out lumps and bumps, including cellulite

- full body - 30 mins - £20

## Reiki

an energy healing technique that involves using gentle hand movements to guide the flow of healthy energy (what's known in Reiki as "life force energy") through the body to reduce stress and promote healing

- 60 mins - £40

## Reflexology

the application of pressure to areas on the feet (or the hands). Reflexology is generally relaxing and may help alleviate stress

- 60 mins - £55

## Yoga

an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing

- 121 - 60 mins - £45
- 121 - 30 mins - £30
- Group of 4 - 60 mins - £60

## Sound healing

a practice that uses vibrations (vocal or instrumental-like gongs, Tibetan singing bowls and tuning forks) in order to relax your mind, body and soul

- 121 - 60 mins - £65
- Group of 4 - 60 mins - £80

## Sauna bed sessions

Infra red sauna bed/blanket that's designed to burn calories. Detox faster, all whilst calming your body and mind within a relaxing environment

- 60 mins - £60
- 45 mins - £45
- 30 mins - £35

## Pregnancy Massage & Reflexology

Each treatment is uniquely created for you to provide support and relief during each trimester and involves working with high grade therapeutic oils directly onto the skin as well as through clothing according to the situation. Pregnancy wellbeing packages are also available - if interested speak to a member of staff.

- 60/90 mins - £60/£90

## Postnatal Massage and Reflexology

Postnatal issues are helped through a combination of specific massage and reflexology treatments and teaching self-help techniques.

- 60 mins - £60 | 3 follow up sessions £55
- 90 mins - £90 | 3 follow up sessions £85

## Closing the Bones

A beautiful way to support your recovery after birth, it can create a moment of peace from the emotional ride of new motherhood. When we grow and birth a baby we change and open in every sense of the way, physically, energetically and emotionally. This form of bodywork is designed to close a new mother and return her to her centre. It's a postnatal ritual/ceremony rooted from traditional Ecuadorian techniques.

- £85 for 1/2-2 hours

## Ayurvedic Yoga Massage

This is a wonderful stress relieving treatment as it combines soothing deep tissue massage, muscle release techniques and with yoga based assisted stretching. Focus is given to the breath which creates deep relaxation as well as restoring the body's natural energy flow - allowing the person to regain their centre.

- 60/90 mins - £60/£90

## Rejuvenation Facial Massage (Natural face lift)

This facial massage uses a combination of techniques to improve the complexion, remove toxins and prevent and remove facial wrinkles and age spots. Its the equivalent of an acupuncture face-lift without insertion of needles!! A unique blend of techniques drawn from Japanese acupressure and facial reflexology.

- 60 mins - £50 | 30 min follow up £40

## Baby massage

Learn a bespoke massage sequence for your baby and a specific digestion routine and some simple baby yoga movements. You will also learn what oils to use and how to create a suitable environment, follow your baby's cues, learn some relaxation techniques and how to adapt the massage as your baby grows. This is a lovely option for two parents to attend together with their baby. Private classes are ideal for younger babies, particularly if you have a specific concern (such as reflux or colic for example) and would like to start working with them early on. It can also be a lovely gift or baby shower present for new parents.

- 95 mins - £95

includes a handout and 50 ml bottle of organic sunflower oil

## Reiki and Massage

- 90 mins - £90

Instructors/therapists: Annie, Dee, Jackie, Sara, Sandy  
If you want a specific instructor/therapist please mention at time of booking.

