

## Colonic Hydro Therapy and Abdominal Massage

Together they form an ideal approach to physical and emotional balancing.

Colonics gently cleanses and purifies the entire length of the colon reducing levels of toxicity which improves energy levels and overall wellbeing. The abdominal massage assists in dislodging long held emotional tension and detoxing inner organs.

## Stress Management

A combined approach using relaxation, visualisation, affirmation, breath work and gentle stretching. This approach teaches you how to cope with stressful situations in a healthy way.

## Traditional Thai Massage

Has a unique style encompassing acupressure along energy lines, stretching and foot reflexology. It is carried out on a floor mat while you remain dressed in comfortable clothing.

## Universal Healing - Reiki

A non-invasive method of correcting imbalances in the body's energy field. Using light touch to clear deeply held blocks enables energy to flow freely which allows the body to adjust and heal itself.

Colon Hydro Therapy  
Abdominal Energy Massage  
Traditional Thai Body Massage  
Thai Foot Massage  
Universal Intuitive Healing - Reiki  
Relaxation - Stress management  
Integrative Detox Program



Sessions are priced from  
25 to 50€

For those interested in improving general well being, a consultation will look at your current lifestyle, advise on diet and supplements and design a personalised detox program.

If it is more convenient most sessions can be carried out in your own home or in other locations.