



Reflexology

A form of healing, working the reflexes in the feet or hands, which correspond to other parts of the body. It aims to restore balance, unblocking stagnant energy, which reduces tension and stress, promoting relaxation.

1 hour treatment - £30.00

Reiki

An ancient Japanese holistic healing, meaning Universal Life Energy. A natural and simple method of hands on healing, which flows through the Reiki practitioner. Benefits include relaxation, pain relief, tension release and an increase in energy levels.

1 hour treatment - £30.00

_ hour treatment - £20.00

Aromatherapy Massage

Essential oils are used to improve physical and emotional well-being, which are absorbed into the system through massage. Carefully selected blends of essential oils are used, to meet the needs of the individual, to help alleviate or prevent various conditions.

1 hour 10 mins Full Body - £35.00

45 mins Back, Face, Scalp - £25.00

For appointment please call:

Fiona McCulloch

Mobile Therapist

01383 722571 or 07989 190548

fiona@handsoflichtherapies.com

Swedish Massage

The systematic and manual manipulation of the soft tissues of the body, which helps to promote health and well-being. It improves circulation, lymph flow and stimulates and tones muscle.

1 hour Full Body - £30.00

_ hour Back, Neck Shoulders - £20.00

Oriental Head Massage

A deeply relaxing head massage, to soothe and calm a busy mind.

_ hour treatment - £20.00

Pamper Parties

Mini treatments are offered for group gatherings. A good excuse for a night in of relaxation and pampering. Please ask for further details.

20 min treatments - £10.00

Two treatments - £18.00

Appointments available every Thursday at Fitness First, 30 Abercromby Pl, Edinburgh. I also operate on a mobile basis, coming to your home or workplace.

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