

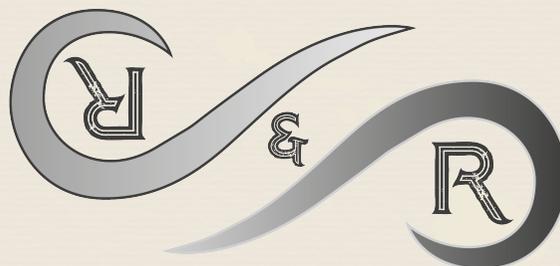
Holistic therapies understand that a person is not just a physical body, and their ill's are not just individual symptoms. They seek to address the whole person in mind, body and spirit.

Holistic means 'whole' and comes from the Ancient Greek word '*holos*'. It requires the whole person to be considered in context with everything going on about them.

Holistic therapies seek to bring the person back into balance.



THANK YOU

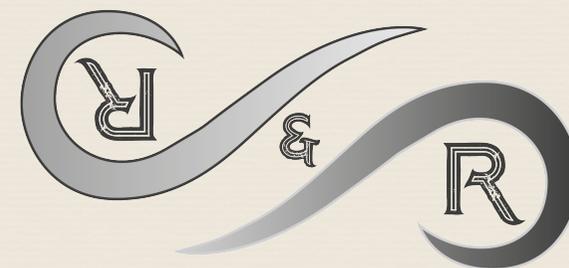


Thank you for considering our services, we are very grateful for your support. We hope that you will see something you would like to try in our menu of treatments.

We hope to hear from you and see you soon.

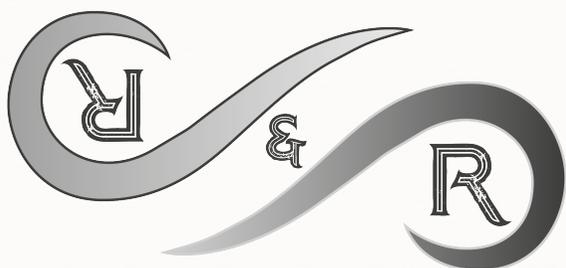
R AND R
Great Yarmouth

PRICE LIST



Enclosed are prices for individual treatments. If you have any questions we are happy to discuss.





Julie and Emily are a mother and daughter pair who have nurtured their passion for holistic health and healing later in life.

- ❖ They are passionate about the treatments they offer

They both have high stress lives and jobs and so appreciate the need for these therapies in the world today. They have complimentary interests and have trained both together and separately. Although they are fully trained and qualified they hopefully will never stop learning.

We are happy to talk things through with you if you have any questions.

TREATMENTS

Below are prices for individual treatments. If you have any questions we are happy to discuss.



- ❖ **Reiki** - 1 hr = £30
- ❖ **Aromatherapy massage;**
- ❖ Full body - 1 hr = £45
- ❖ Back - 40 min = £35
- ❖ Face and scalp - 30 min = £30
- ❖ Arm and hand - 20 min = £20
- ❖ **Reflexology** - 1 hr = £35
- ❖ **Indian Head Massage** - 30 min = £25
- ❖ **Crystal healing / chakra rebalance** - 30 min = £20
- **Ear Candling** - 30min = £25
- **Ear Candling** with neck, head and face massage - 1 hr = £35

If you wish to combine any of these therapies please discuss with Julie and/or Emily.