

Why Choose?

Complementary and Holistic Therapies

Holistic means Care for the whole person, mind, body and spirit.

Stressing the need to go Holistic!

Stress is the adverse reaction people have to excessive pressure or other demands placed on them. Stress is not simply a complaint in itself, left untreated it can lead to further problems, such as: Migraine, Muscle tension, Fatigue, Insomnia, Depression, High blood pressure etc.

By taking a holistic approach, the person as a whole is treated, that is, not just the prevailing symptoms. It is important for our health and well being to take time out to relax, unwind and re-energise.

With Regular treatment the person and body will begin to re-heal and re-balance.

INDIAN HEAD MASSAGE

Indian Head Massage involves massage and acupuncture techniques manipulating the soft tissues on the upper back, shoulders, neck, scalp and face.

BENEFITS:

- Toxins can be released from tense knotted muscles
- A feeling of well-being and calmness
- Neck and shoulder stiffness can be relieved by increased oxygen to muscles and aiding joint mobility
- Stimulates and improves the circulatory and lymphatic system
- Provides the brain with extra oxygen

REIKI

Reiki energy is a safe, gentle, non-invasive form of hands on healing. Reiki works on all levels, physical, emotional and mental. Reiki is an energy technique that balances, harmonizes and restores our energy levels. Crystals can be used if requested to enhance the healing energy of your subtle body.

BENEFITS:

- Supports the body's natural ability to heal itself
- Frees off blocked energy and promotes a state of total relaxation and peace
- Cleanses the body of toxins and reduces stress and tension and relieves pain and discomfort
- Adjusts itself according to the needs of the recipient
- Increases confidence, self-esteem and helps overcome fear and anxiety and Is a powerful tool for personal growth and improving quality of life

HOT STONE THERAPY

Hot stone therapy will leave you feeling very relaxed with an overall sense of well-being. Heat from the basalt stones increase the blood flow and relaxes the muscles, resulting in a variety of health benefits. Cold stones soothe the body and can reduce inflammation.

BENEFITS:

- Increased circulation which allows the blood to flow more freely, helping the immune system.
- Higher metabolism – increasing the rate at which the body processes food, toxins and burns energy.
- Increased lymph function
- Provides a deep sense of relaxation and well-being

SWEDISH MASSAGE

Massage feels good, it is relaxing and affects the nerves, muscles, glands and circulation. Massage techniques are designed to relax muscles by applying pressure.

BENEFITS:

- Reduces anxiety, mental stress and promotes sleep
- Increases circulation without increasing the heart load. Lowers blood pressure by reducing the heart rate
- Assists the lymphatic system, improving elimination of waste in the body
- Relieves tension and restores flexibility to tight, sore muscles and improves muscle tone
- Slows and regulates respiration, promoting deeper and easier breathing
- Stimulates the release of endorphins

HOPI EAR CANDLING

Including Pressure Point Facial Massage

Hopi candling is an effective therapy which will calm the mind and soothe the ears and head. It is a painless, soothing, cleansing treatment.

WHAT CONDITIONS CAN IT HELP?

- Excessive or compacted wax in the ear.
- Irritation in ears and sinuses/ Bells Palsy
- Episodes of deafness, tinnitus and vertigo

BENEFITS

- Promotes calm in cases of excessive excitement and stress
- Co-ordination of the cerebral hemisphere
- Pressure regulation in cases of sinusitis, rhinitis, glue ear, colds, flu, headaches and migraines
- Simulation of local and reflex blood flow

Testimonials

"Its good to be open minded & try things at least once. Janine has a very calming presence & does not rush through treatments. Value for money!"

L Jackson, Dunfermline.

"I have a massage treatment once a week to keep me sane. If not I am uptight, moody, sore and exhausted. I just love it."

C Smith, Glenrothes.

"Best feeling in the world, during and for days after. Janine has magic hands."

A Cairns, Kirkcaldy.

"I felt amazing after my massage treatment and enjoy being pampered. It feels good to relax and I look forward to my treatments. I'm always pleasantly surprised Janine is always looking for new ways to work and try new techniques', which, is great."

C MacManus, Dunfermline.

"After my massage treatment I had the best night sleep I have had in a long time, unbroken and very deep. I woke up feeling fresh and after a week, I was still pain free."

M Collie, Glenrothes.

"The Reiki treatment and aftercare was full explained. Janine is very conscientious. I look forward to my next treatment."

M Kirk, Glenrothes.

Price List

Inspirational Therapies

Massage Sessions

Full Body Massage	1 hour
Back, Legs & Feet	1 hour
Neck & Shoulders	1/2 hour
Back	1/2 hour
Legs	1/2 hour
Arms	1/2 hour
Combination of any 2	1 hour

Cost of Massage Sessions

(Includes Consultation)

Aromatherapy Massage	£35.00
Full Massage/1 hour session	£30.00 / £25.00
1/2 hour sessions	£15.00
Hot Stone Full Body	£40.00
Hot Stone Back, neck or combination	£30.00
Indian Head Massage	£25.00
Reiki (between 1 & a half hour's) (Crystals can be used if requested)	£25.00 £25.00

Cost of Hopi Ear Candling Session

(Includes Pressure Point Facial Massage)

Hopi Candling Session	£25.00
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Janine from Inspirational Therapies is:
fully qualified and insured.

Inspirational Therapies

Be Inspired

Relax the mind, body and spirit
with the benefits of:

Reiki

Swedish Massage

Indian Head Massage

Hopi Ear Candling

Pressure Point Facials

Alternative and Complementary Therapies feel good, are relaxing and invigorating. They affect the nerves, muscles, glands and circulation, while promoting health and well being.

*Gift Vouchers Available for Birthdays, Christmas or Special Occasions

Wedding and Pamper Packages
Available at a venue of your choice.

For an appointment

Contact Janine on:

07745 143094

Website: www.inspirationaltherapies.co.uk

Email: janine@inspirationaltherapies.co.uk

* Can be done in the comfort
of your own home.
a small mileage charge will be required.