

## Massage

### Holistic – Gentle

Calming massage which helps you to unwind and balances the energy levels in your body. Metabolism and circulation can be improved with massage.

Holistic massage is a great treatment for helping you to release stress and feel in balance with your body once more.

### Therapeutic – Deeper

Whilst relaxation remains an essential part of the treatment, the application of therapeutic massage therapy includes advanced techniques like visceral massage and deep tissue massage techniques.

These can aid irritable bowel and muscle tension like shoulder/back aches or injuries.

Ideal for people with muscle strains or sports injuries.

### Aromatherapy

When having either massage you may choose to enjoy the added beneficial effects of aromatherapy oils.



[www.healing-awareness.co.uk](http://www.healing-awareness.co.uk)

## Reflexology

Reflexology is an ancient form of massage which can be applied to the feet, hands or face. Reflexology on the feet works on the 72 thousand nerve endings that exist there.

Massaging specific points on your feet promotes natural balance in your body and restores it's energies.

By encouraging natural balance throughout your body it allows it's own natural healing forces to take over. Thus helping your body to heal itself.

Helps with many problems including back pain, irritable bowel syndrome, circulatory problems, sports injuries, relaxation and period problems.

## Holistic Healing

Emotional and physical healing based on energy channelling. This will help to balance and bring your body back into harmony to allow it to take over the healing process.

It promotes self-healing by relaxing your mind and body, releasing tensions and re-energising your immune system.

## Prices

### Reflexology

Reflexology	£40	(1 hour)
First session with consultation	£50	(1½ hours)

### Massage

Full Body	£40	(1½ hours)
First session with consultation	£50	(2 hours)
Head, Neck & Shoulders	£25	(½ hour)
First session with consultation	£30	(¾ hour)

### Holistic Healing

Holistic Healing	£40	(1 hour)
Holistic Healing	£25	(½ hour)

Treatment at your home      above plus £5

For more information,  
or to book a treatment,  
please call Stefani on:

☎ 07905 097450

or visit:

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## Special Offers

**FREE** Consultation worth £10  
with your first treatment

## SAVE £20

When you book three treatments

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## Stefani O'Reilly

A graduate of Raworth College of Complementary Medicines in 1991.

I have studied and practised complementary medicines for a number of years, gaining an in-depth knowledge of various healing techniques.

I have applied these and found their effectiveness equally powerful used either independently or combined with conventional medicine.

I enjoy receiving feedback from my clients who have gained increased well-being and vitality, as well as relief from both short and long term illnesses.

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# stefani o'reilly



natural therapist

Are You Feeling Stressed?

Do You Feel out of Balance?

Would You like More Energy?

Then treat yourself, or a friend,  
to the benefits of  
massage, reflexology or healing

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