



## Holistic Massage Menu



Heart  
Centred  
Therapies  
with Helen

- BACK, NECK & SHOULDERS (45 min).....£31
- FULL BODY (1 hour) .....£37
- INDIAN HEAD (1 hour upper body massage) Full back, neck, shoulders, scalp, arms, hands & face.....£37
- HOT STONE BACK , NECK & SHOULDERS (45 min).....£36
- HOT STONE FULL BODY (1 hour).....£45

Plus £3 for aromatherapy oils and balm to be used in these treatments

**REFLEXOLOGY (1 hour foot & lower leg massage)** with hot mitts and aromatherapy balm .....£38

**TREAT-COMBO, THE BEST OF BOTH WORLDS (1 hour)** Aromatherapy Back & Scalp, Back & Feet, Back & Mini-Facial or Mini-Facial & Feet.....£40

Plus £5 for hot stones to be incorporated in to the back massage

### SIGNATURE TREATMENTS WITH NEAL'S YARD REMEDIES ORGANIC

**HEAVENLY HOLISTIC FACIAL (1 hour)** luxurious double cleanse, polish, tone, massage (face, hands & arms), mask, treatment & moisturizer for your specific skin type and aromatherapy preferences.....£48

**SWEET DREAMS (1 hour)** heavenly hot stone back massage, followed by a foot massage using reflex points & soothing aromas to aid sleep.....£48

**BODY BLISS (1 hour)** refreshing back scrub, moisturizing massage and de-stress scalp massage, with your choice of blissful aromas.....£48



MEMBER



### In safe hands

I'm a fully qualified, insured massage therapist and member of the Federation of Holistic Therapists, passionate about all things wellbeing! I have taken all measures to offer a COVID-19 Secure service. I look forward to meeting you!

### Appointments available:

Thursday (late night until 9pm), Friday and Saturday (daytime)

To find out more or to book an appointment please contact Helen

Phone: 07896488008 Email: helen@heartcentredtherapies.com

or visit: [www.heartcentredtherapies.com](http://www.heartcentredtherapies.com)

Find NYR products here: <https://uk.nyrganic.com/shop/HelenNesbitt/>



### Treatments at:

The VIP Lounge,  
5 Berriew Street,  
Welshpool,  
SY21 7SQ

Nearest car  
park:

Poundland

