



**Cannock Chase Healing Retreat,
Holistic Healing Retreats
for Body, Mind & Spirit**

Description of Treatments

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Aromatherapy Massage	Using personalized aromatherapy oils to enhance wellbeing & relaxation choose from a therapeutic massage of the shoulders & back, arms & hands, face & neck or legs & feet or full body massage.
Energy Alignment	A system of energy healing which helps to bring about deep relaxation & helps alleviate physical & emotional symptoms. Helps you connect to your higher wisdom thus assisting you in your life path. Based on the Life Alignment healing system.
Flower & Tree Remedies	Priority remedies can be selected from a range of essences – including Bach Flower Remedies, Phytobiophysics Flower & Tree Remedies, Angelic & Environmental essences, Ray Essences. These remedies can help to bring balance & release on all levels – physical or emotional – in a very gentle & subtle way. Training courses in Phytobiophysics available.
Holistic Counselling	Holistic Counselling Sessions are tailored to each individual. They may be helpful in issues relating to relationships, health, work, finances and life direction. Each session consists of relaxation techniques as well as positive re-programming methods to: Release Pain, Stress & Tension, Bring Calm, Clarity & Reassurance, Enhance Energy, Vitality & Enthusiasm for Life. A session can include the use of Flower & Tree Remedies, Ray Essences, Inspirational Card Readings and Vortex cards.
Hopi Ear Candles (additional £5)	A gentle relaxing treatment, using ear candles made from beeswax, honey, herbs & essential oils, to help relieve sinus problems, tension headaches & ear conditions including blocked ears & tinnitus. Includes soothing facial massage. Calms the mind and aids peaceful sleep.
Indian Head Massage	Therapeutic massage of the neck & shoulder area, also massaging the scalp & face. Good for relieving headaches, stress & neck tension, insomnia & eye strain.
Inspiration Card Readings	Often when we are seeking for answers, direction or even confirmation of what is happening in our lives, we can tap into the inspiration from a card reading – includes Angel, Tree, Flower & other card ranges.
Iridology Assessment	The colours and markings in the iris of the eye provide valuable information about inherited health tendencies & personality traits as well as strengths & potential vulnerabilities of various organs & systems of the body. The consultation will highlight main issues and offer guidance as to how best you can optimise your well-being through nutrition, detoxing & lifestyle. Healing of priority areas identified during the assessment can be included if desired.



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Reflexology	A deeply relaxing, gentle therapy which works on the feet to help bring relief from a wide range of health conditions. During a treatment specific areas of the feet, which relate to the various organs & systems of the body, are massaged to clear any blockages and bring about a feeling of wellbeing.
Reiki and Precision Reiki	Reiki is a Japanese word which means 'Universal Life Force Energy'. Reiki is in us and surrounds us. It is the infinite energy that makes up the Universe and can be used alongside anything else and requires no belief system. Reiki healing is channeled through the hands and into the body being healed. It is deeply relaxing and can help to release physical & emotional stress & brings back balance & wellbeing on all levels. Precision Reiki focuses healing energy in precise points on the body (like acupuncture points) to bring balance.
Vortex Cards	In some ways similar to crystals – they can be placed on the body, just held, or used in a particular configuration to benefit specific systems of the body, or offer distant healing. Using sacred geometry these cards emit high vibrational frequencies to bring about healing & energy clearing in a powerful way. See www.life-alignment.com
ALIGN YOURSELF TO CREATE YOUR DREAM LIFE	
<p>Sally Rosemarie facilitates the Design of your Personalised Wheel of Life and Vision Board to bring in the qualities and resonance of the life you desire.</p> <p>Using Holistic Counselling, The Mayan Shift Game (Zuvuya), a variety of Vibrational Essences, Vortex Healing Cards, Inspirational Healing Cards, Affirmations and Positive Re-programming.</p> <p>Please bring magazines and / or pictures of what you are wanting to bring into your life. This can be in addition to or replace a treatment.</p>	
BEAUTY TREATMENTS	
These can be included in the Retreat Day package as your treatment choice – or can be additional	
Herbal Body Contouring Wrap £25	Achieve maximum skin tightening, toning & firming. Minimize the appearance of cellulite. Expect lasting results with a body wrap infused with natural, botanically-based ingredients. Can be used on tummy, legs, arms or even on the neck. Enhance the effectiveness of the Wrap by combining it with Reflexology or Reiki.
Herbal Facial Mask £20	Hydrates the skin for a fresher, more luminous look. Helps skin appear firmer, tighter and younger-looking. Skin looks and feels softer, smoother and revitalized. Combine with a Reiki Scalp and Facial Massage and a Reflexology for pure relaxation and indulgence.

