

Holistic Treatments

Enhance are proud to offer a comprehensive range of holistic treatments from aromatherapy and massage to reflexology and thermo-auricular therapy



Tisserand Aromatherapy Massage

This is truly a wonderful treatment and is ideal for all ages, it can be both deep and invigorating or light and relaxing. The oils are blended to aid the client's needs, helping restore your body's natural equilibrium.

This treatment is highly recommended for relieving stress and tension.

Full Body Massage

Time - 60 minutes £50.00

Back neck and Shoulder Massage

Time - 30 minutes £27.50

Leg and Foot Massage

Time - 30 minutes £27.50

Swedish Massage

This deep massage will locate and relieve tension. A truly invigorating body massage for muscular aches and pains.

This treatment is good for someone that has been and done a workout at the gym.

- Swedish Massage - 60 minutes **£50.00**
- Swedish Massage - 30 minutes **£27.50**

Hot Stone Massage

This amazing treatment uses ancient balsamic hot stones, they are fantastic when used over the muscles to relieve tension and reduce stress. The warmth of the stones and the massage movement of the therapist is a truly relaxing treatment. A treatment not to be missed.

- Hot Stone Massage - 60 minutes **£60.00**
- Hot Stone Massage - 30 minutes **£35.00**

Lava Shells

Offering the benefits of a hot stone massage but with an added bonus of being eco-friendly, the Lava Shell Massage therapy uses 100% genuine recycled Tiger Clam* Shells which heat up internally for a deeper relaxation to ease muscle and joint aches and pains.

The heat allows for a deeper massage and up to 10x more relaxation than a regular massage. It offers additional benefits for circulation, the lymphatic system and general function of organs.

Hot Lava Shell Massage

Time - 60 minutes £65.00

Lava Shells are the world's first naturally self-heating massage tool, designed to allow heat to be added into massage techniques. The deep heat helps relieve stress and tension, and also aids vitality and boosts the system.

Hot Lava Shell Back Treatment

Time - 30 minutes £40.00

For an intensive back, neck and shoulder treatment this deep tissue massage uses heated lava shells to achieve a firm deep pressure and treat deep rooted muscle problems. The radiating heat from the shell releases tension and leaves you feeling instantly stress free and rejuvenated.

Reflexology

The application of pressure to the reflex and pressure points of the feet.

Reflexology can help restore the body's natural balance giving the feeling of wellbeing and relaxation, relieving stress and tension.

- Reflexology Session - 60 minutes **£45.00**
- Reflexology Session - 30 minutes **£27.50**

Indian Head Massage

Per session: £35.00

This is a highly relaxing massage of the upper back and arms, shoulders, neck. The benefits are numerous and give the person an incredible feeling of wellbeing both physically and emotionally.

Thermo-Auricular Therapy - Hopi Ear Candles

Per session: £35.00

This therapy is used for many problems relating to the ear, nose and throat as well as being a very relaxing, de-stressing and balancing treatment. The treatment is very good for conditions such as irritations of the ear or sinuses, glue ear, rhinitis and hay fever, headaches, migraine and tinnitus.

Reiki

This is a powerful healing treatment that channels life force energy restoring our body's equilibrium, ridding us of negative energy. Helping us cope better physically, mentally, emotionally and spiritually. Reiki can bring about deep relaxation. The benefits can be felt for several days.

- Reiki Session - 60 minutes **£45.00**
- Reiki Session - 30 minutes **£27.50**

Book / More Information



To book your treatment or for more information call our friendly team now on (0141) 764 0604 or send a



message via [the contact form](#).

More Information

<http://enhancebeautysalon.co.uk/treatments/holistic-treatments>

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