

## **Cranio-sacral therapy and aromatherapy**

Another short stroll from Alde Garden - but this time across a meadow - will take you to the village of Rendham where Trish Schreiber (RGN RCST RQA) can offer Cranio Sacral Therapy or Aromatherapy massage.

### **Craniosacral Therapy**

Craniosacral therapy is a hands-on therapy using very light touch and no manipulation. The therapist can then listen with her hands to what is going on in your body, and can implement a subtle yet deep healing process specific to your body's needs. It is gentle and safe and suitable for all ages, from babies to the elderly, and also in fragile or acutely painful conditions.

As a whole body therapy, Craniosacral Therapy may aid people with almost any condition, by raising the vitality and enabling the body's own self-healing processes to be utilised.

But you don't have to be ill or have any particular symptoms to benefit from Craniosacral Therapy. The alleviation of life's stresses, and the increased sense of vitality and well-being that Craniosacral Therapy can bring are welcome to most of us at any time.

60 minutes - £30

### **Aromatherapy**

Aromatherapy is a treatment involving the use of specially selected essential oils which are believed to have a wide range of

properties to aid your enjoyment of life including treatment of physical and psychological ailments.

60 minutes - £25

**FOR BOOKINGS CONTACT TRISH SCHREIBER**

**ON: 01728 663360**

*Please give as much notice as possible when booking, to avoid disappointment*

### **Reiki**

This treatment is available in Sternfield - which is just a short drive/cycle ride (4.5 miles) from Alde Garden.

Reiki is a natural healing energy activated by intention. It works on every level, not just the physical, and promotes the body's regenerative self healing ability. Hands are placed on or near the body (no need to remove clothing) while the recipient is either seated in a chair or laying down on a couch. Reiki treats holistically, restoring the natural balance of mind, body and spirit and thus create an improved quality of life. It is wonderful for relieving stress,

60 minutes - £25

**FOR BOOKINGS CONTACT CHRISTINE**

**JOHNSON ON: 01728 605888**

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