

touchworks

Peepul Centre Holistics

Bowen Technique

£30

*A gentle, non invasive remedial therapy that encourages realignment of the body
The Bowen Technique can help:*

- Acute, chronic or stress related conditions*
- Hormonal imbalance, sports injuries*
- Muscular/skeletal problems: back, neck, shoulder problems, sciatica, whiplash, etc*

Bharti Vyas Facial

£25

*Using Ayurvedic Bharti Vyas products and lymphatic drainage massage techniques;
these holistic facials are completed with a stimulating scalp massage*

Reflexology

£30

Achieve a sense of equilibrium with this very grounding foot treatment

Indian Head Massage

£25

*Working on the pressure points of the back, neck and scalp. Tension relieving and
invigorating*

Acupressure Massage

£20

*Based on Japanese Shiatsu, this massage works along the meridians of the back, neck,
scalp and arms. A balancing and revitalising treatment*

Top-to-Toe Treat

£49

*Almost two hours of pure relaxation and pampering. The treatment begins
with an acupressure back, neck and shoulder massage, followed by a scalp
massage and is finished with a sublime Reflexology foot treatment*

Reiki

£25

A calming treatment using the traditional Usui method of natural healing

Reiki and Chakra Balance

£28

A treatment to balance the entire chakra system using Reiki natural healing

