### **Leticia R. Coria – Holistic Therapist**

#### **Aromatherapy**

Experience the power of bespoke, synergetic blends crafted with 100% organic essential oils, designed to enhance well-being through their therapeutic properties.

🌿 Aromatherapy is integrated into all treatments – including massage, reflexology, and Reiki – to deepen relaxation, balance emotions, and support overall health.

For personalized aromatherapy products tailored to your specific needs, please get in touch.

#### **Clinical Massage**

A fusion of Eastern and Western bodywork, combining effective techniques such as trigger point therapy, myofascial release, and sports stretching, with acupressure, table shiatsu, and tuina. This approach focuses on the movement of energy, utilising the meridian model found in Traditional Chinese Medicine.

Clinical Massage releases muscle tension and works on deep tissue, while also promoting deep relaxation. It’s an excellent treatment for those seeking relief from chronic pain and muscular discomfort, improving both mobility and overall well-being.

**Treatment Duration & Price**:
 **60 minutes** £55

#### **Therapeutic Massage**

Based on the core techniques of Swedish massage, this therapeutic treatment increases blood and lymph circulation, supporting the efficient removal of toxins from the body.

Therapeutic Massage helps to ease muscular tension, reduce emotional stress, and has a soothing effect on the nervous system, promoting relaxation. It encourages a natural balance between body and mind, making it ideal for those seeking stress relief and overall relaxation.

**Treatment Duration & Price**:

* **Full Body (60 minutes)** £55
* **Back, Neck & Shoulders (30 minutes)** £35
* **Face & Scalp (20 minutes)**  £18 *(Add-on option with a bespoke aromatherapy blend tailored to support the needs of your skin type)*

#### **Reflexology**

Reflexology is a gentle, non-invasive therapy that encourages the body to heal itself. It involves applying pressure to specific reflex points on the feet (or hands) that correspond to organs and systems in the body, as well as emotional well-being.

This deeply relaxing treatment helps to balance the body, improve circulation, and promote holistic healing by addressing both physical and emotional health.

**Treatment Duration & Price**:
 **60 minutes** £55

#### **Reiki**

Reiki is a Japanese technique developed by Mikao Usui for stress reduction, relaxation, and holistic healing. The word Rei means spiritual wisdom, and Ki refers to life energy. Universal energy is channelled into the recipient's body, creating a deep sense of relaxation, balancing energy, and removing blockages, promoting overall well-being.

Reiki is performed with the client fully clothed, working on the chakras with either hands-on or hands-off techniques, depending on your preference.

**Treatment Duration & Price**:
 **60 minutes** £50

### **Cancellation Policy for Holistic Therapies**

Please provide at least 24 hours' notice if you need to cancel or reschedule your appointment.

* Cancellations made less than 24 hours before the appointment (e.g., due to illness) will be subject to a 50% cancellation fee, unless there are exceptional circumstances. Last-minute cancellations result in lost income.
* If you do not attend your appointment and have not cancelled in advance, the full fee will be charged. However, in the case of a personal emergency, please reach out to discuss the situation.