

Cinnabar health

Sally Kay BSc(Hons).

Complementary Therapist MAR, FIIHT



- **Reflexology**
- **Massage**
- **Aromatherapy**
- **Indian Head Massage**
- **Reiki**



Since qualifying 8 years ago I offer a range of complementary therapies in a variety of settings, including a busy private practice, Velindre Cancer Hospital (NHS) Cardiff, well-being days for local government, a local hospice and much more. In summer 2009 I was the resident therapist, at an internationally renowned Holistic Holiday retreat, Atsitsa Bay, Skyros Island, Greece.

As a highly qualified professional therapist I am experienced in dealing with complex health problems such as stress, anxiety and depression, IBS, fibromyalgia, pregnancy and infertility problems, musculoskeletal aches and pains, those undergoing cancer treatments and other chronic and acute conditions.

With a special interest in reflexology I am an award-winning practitioner and provider of specialist training.

Treatments are tailored to each individual, whether you just need relaxation or pampering, relief from tension, muscular aches and pains or relief from symptoms of other health concerns.

Treatments

Reflexology



Reflexology is a complementary therapy, which works on the feet (and hands) to help the whole person not just the prevailing symptoms. Its origins are in Ancient Egypt, India and China, but it wasn't until 1913 that Dr. William Fitzgerald introduced this therapy to the West as 'zone therapy'. He noted that reflex areas on the feet and hands were linked to other areas and organs of the body within the same zone. In the 1930s Eunice Ingham further developed this zone theory into what is now known as reflexology. She observed that congestion or tension in any part of the foot is mirrored in the corresponding part of the body.

This gentle therapy encourages the body to work naturally to restore its own balance. It can help both physically and emotionally. Reflexology is suitable for all ages and may bring relief from a wide range of acute and chronic conditions.

Massage

Massage has been practiced for thousands of years its beneficial effects are well established.



The word comes from the French *massage* "friction of kneading" It triggers the release of endorphins, the body's natural feel good hormones. Massage is given using a variety of techniques to work the superficial and deeper layers of muscle and connective tissue. It can help to relieve stress, muscular aches and pains, headaches, promote sleep, relaxation, well-being and contentment.

Aromatherapy Massage



Aromatherapy treatment draws on the healing properties of the plant world, instead of using the whole plant it employs only its essential oil.

Aromatherapy combines these highly aromatic oils with massage, thus making use of our most primitive yet most highly evolved senses, smell and touch. Essential oils fall into many categories. Some will help physical problems, whilst others will help to address emotional needs which helps to promote a feeling of peace and tranquillity in the recipient. In so doing, it creates favourable conditions within the Mind, Body and spirit in order that a natural balance can be restored, and energy renewed.

Indian Head Massage



Indian Head Massage is based on an ancient Ayurvedic healing system, practiced all over India for thousands of years. It works physically and emotionally, focusing on the upper back, shoulders, head, neck and face. These areas are prone to tension often caused by sitting in one position and working long hours. Treatment is relaxing, stimulating and invigorating, leaving you feeling energised.

Reiki



Reiki is a relatively modern form of an ancient *hands-on healing* that was *rediscovered* during the last century by the Japanese Christian minister Dr. Mikao Usui. Reiki, pronounced *Ray-kee*, is Japanese for 'Universal Life Energy'. The concept of the treatment is that it rebalances the energy system of the receiver [that can be animal or vegetable] where there is excess it reduces and calms, and when energies are low it replenishes.

Throughout our lives, a caring touch is fundamental to our health and well-being

Price List

Special offer – Combination treatment

Reflexology – Aromatherapy – Reiki *1 hour* **£45.00**

Reflexology *45mins* **£40.00**

Massage

Back neck and shoulders *30/40mins* **£35.00**

Full body massage *1 hour* **£50.00**

Aromatherapy

Facial **£30.00**

Back neck and shoulders **£40.00**

Full body massage *1 hour* **£55.00**

Full body and facial massage *1.5 hours* **£65.00**

Indian Head Massage **£35.00**

Reiki

30mins **£35.00**

1 hour **£45.00**

Contact Sally to book a therapy of your choice in this idyllic setting.

Therapies are available on Sundays and Wednesdays by appointment

Sally Kay

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