

Hot Stones Massage

£30 1 Hour

Hot stones have been used throughout history by many cultures for healing and worship. Using warm basalt stones to massage the full body, the heat helps to deeply relax muscles, taking out any tightness. This allows the therapist to work deeper, giving you a very different flowing massage and also incorporates the use of cold marble stones.

Hypnotherapy

£45 1 hour

You will enter a natural state of heightened awareness, where your mind becomes open to your own beneficial suggestions and changes. The therapist will guide you through basic relaxation, releasing negative emotions, goal setting, and personal enhancement to facilitate you in developing, strengthening, and using your own resources to make positive and lasting changes within your life.

Hypno Slim**

£200 Course

(FREE hypno gastric band, if needed)

A course of four or five sessions, designed to help you lose weight, and return to the shape and size you should be, in a safe and natural way. These treatments aim to help you establish a healthy relationship with food, by putting an end to food cravings, comfort eating, calorie counting, and obsessions about food. The hypno gastric band addresses lifestyle, eating habits, and the root cause of your overeating.

Stop-Smoking Hypnotherapy**

£90 Treatment

A one-off session, designed specifically to help you stop smoking for good.

** Not available as a concessionary treatment



Complementary Therapies Service

24 Trinity Church Gate, Wakefield, WF1 1TX

Telephone: 01924 211114

Email: ct@wellwomenwakefield.org.uk

All of the complementary therapies work holistically, which means they treat you as a whole person—emotionally, mentally, and physically—rather than concentrating on a single symptom, assisting you in achieving wellness.

They can bring relief to a wide range of acute and chronic conditions and are suitable for all ages. They can very often help with many of the following conditions; arthritis, headaches, migraines, sinus problems, muscular or joint pains, back problems, stress, circulatory, respiratory or digestive problems, insomnia, depression, nervous complaints, PMT, menopause.

So if you are looking to boost your wellbeing, want help with an ongoing health issue, or you're just curious, why not give it a go? We are happy to talk to you and help you choose the most appropriate therapy.

How To Book

Contact us on the above phone number or email address.

Day and evening appointments are available.

Please see overleaf for details and prices of the therapies we currently have on offer. Gift vouchers are available.



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Low Cost

As part of our commitment to making complementary therapies available to all women, we offer low cost treatments for most of the therapies, to those living within a WF postcode, and in receipt of the following benefits:

- Income Based Job Seekers Allowance (non-contributory)
- Income Support
- Housing Benefit
- Council Tax Benefit
- Working Tax Credit and with a household income of less than £15,050
- Pension Credit (Guarantee Credit)
- ESA (WRAG or Support Group)

Concessions are also available to:

- Full time students
- Asylum seekers

Low cost treatments are subject to a waiting list, and clients will be offered a total of 6 treatments of one particular therapy, at a cost of £5 per session (£10 per session for Homeopathy).

Aromatherapy £30 1 hour
(Back only*) £20 30 mins

A full body massage with essential oils, blended specifically for you to help uplift, soothe, calm and relax, as well as help directly with a range of emotional and physical problems. During the massage the oils are absorbed into the body through the skin and nose, and remain in the system for several hours.

Reiki £30 1 hour
(Mini session*) £20 30 mins

Meaning “Universal Life Force”. The treatment uses this universal energy to balance and heal. Reiki works on an emotional level, as well as releasing physical blockages. You will lie fully clothed while the therapist places her hands in a series of non-invasive positions on the body. Feelings of warmth, tingling, and calm may be felt.

**Reiki with Aroma Back,
Neck, & Shoulder Massage** £30 1 hour

A combination therapy, which utilises the healing properties of both Aromatherapy and Reiki - 30 minutes of each.

Reflexology £30 1 hour
(Mini session*) £20 30 mins

This therapy works through the feet, as every part of the body has a corresponding part in the foot, known as a reflex. By applying gentle pressure to these areas with thumbs and fingers, the therapist aims to bring the body back into harmony.

Thai Foot massage £24 45mins

An invigorating and deeply relaxing massage for the feet and lower legs. This treatment involves hands on massage, stretching and the use of a traditional Thai Rose wood stick to stimulate reflex points. The techniques of Thai Foot Massage treats you as a whole and are thought to energise and open energy channels, leaving you feeling relaxed, balanced and invigorated.

Indian Head Massage £25 45 mins

Based on the Ayurvedic system of healing from India. The head, neck, and shoulders are massaged with a range of deep kneading and compression movements, and the pressure points of the face are gently stimulated. The aim of the therapy is to release stress that has accumulated in the muscles tissue, and joints.

Homeopathy—includes remedies
First appointment £55 1 hour
(Follow ups*) £35 1 hour

A natural form of medicine, which is used to stimulate the body’s own ability to heal. Following a detailed consultation with the homeopath, you will be prescribed a remedy to suit your individual mental, emotional, and physical state. The remedies are all natural, completely safe and non-toxic.

* Existing clients only