

Treatments

Reflexology/Facial Reflexology

The first treatment includes a consultation and full treatment. This is a non-intrusive, relaxing therapy where pressure is applied to the reflex points on the feet/face (depending on chosen treatment) and to help stimulate the body's own healing process which may in turn assist in bringing the body back to balance.

For **Reflexology Lymph Drainage** a different technique is used to work the lymphatic reflexes on the feet. This helps stimulate the lymph glands to aid the release of built-up lymph fluid where the flow has been restricted and reduce swelling known as oedema.

For **Reflexology in the Menopause** again, a different technique is used to concentrate on those reflexes that can help the symptoms of Menopause.

Hot Stone Reflexology - Full Treatment

This treatment includes consultation and a mix of manual reflexology massage to the reflex points plus using hot basalt stones and marble cold stones to give a deeper more intense therapy. Oil and wax are used to aid the hot stone massage treatment giving a lovely warming treatment.

Reiki (given with Reflexology only)

Receiving Reiki is a gentle exchange of energies between the practitioner and recipient by the placing of hands on or near the body. There is no massage or manipulation. The whole person is treated rather than specific areas.

Treatments

® AromaTouch Technique

The dōTERRA ArōmaTouch Technique is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help balance sympathetic and parasympathetic nervous systems of the body. The technique is simple and intuitive and uses dōTERRA CPTG Certified Pure Therapeutic Grade® essential oils for an unparalleled grounding experience.

Indian Head Massage

A fully clothed, seated massage to the upper back, neck, shoulders, upper arms, scalp and face based on the Ayurvedic healing system to re-balance the energy flow to the body. It may help bring relief to any congestion, tightness or stiffness in these areas and is very relaxing. Oils can be used during the treatment on the hair and face. A round-neck t-shirt is the best to be worn for the best results and comfort.

Hopi Ear Candling

This treatment is carried out lying down. After checking each ear, a special "candle" is placed in each ear in turn. A gentle massage is then given around the ear area and down the neck followed by a relaxing facial massage to complete the treatment. It may help aid the release of congestion in the ears, nose, throat and head and assist in loosening excess or impacted wax in the ears.

NES Health Consultation and Scan

A body field scan using bioenergetics technology to assess and provide a report showing underlying distortions in the human body field is carried out. While this isn't a medical assessment, the scan's bioenergetics matching process often shows a strong correlation to known health concerns. This approach looks for the underlying problem so health concerns can be addressed from their roots with bioenergetics solutions. Then a unique device (MiHealth) using PEMF technology is used to clear energy blocks and begin to rejuvenate the energy field. Finally the provision of liquid remedies called Infoceuticals are recommended to help optimize the body-field's energy levels and information flow.

Price List

Reflexology/Reflexology Lymph Drainage*

First consultation 1.5hrs	£55
Follow-on 1 hr	£48

Facial Reflexology/Menopause Reflexology*

First consultation and follow-on	£48
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Hot Stone Reflexology*

First consultation and follow-on	£60
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Hopi Ear Candling*

First consultation and follow-on	£38
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Indian Head Massage*

First consultation and follow-on	£48
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Essential Oil Application using the AromaTouch® Technique

(treatment time approx *1hr)	£55
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Essential Oil Application using the AromaTouch® Technique plus warming Hot Stones

(treatment time approx *1hr)	£65
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(*Please allow extra time for consultancy on first visit – treatment times vary from 45mins to 90mins depending on treatment and specific needs being addressed)

COMBINATION TREATMENTS AVAILABLE

Reiki/Reflexology

Split treatment of Reiki and Reflexology	£53
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NES Health Consultation and Scan

(Infoceuticals extra)	£100
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Reflexology with NES MiHealth

	£53
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Energy4Life Mihealth treatment only

30mins (specific to problem area)	£30
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Appointment Treatment times

Hours 9.30am to 6.30pm (last treatment 5.30pm)

Appointment Times: 9:30, 11:00, 12:30

14:30, 16:00, 17:30

(Wednesday/Thursday only)

Treatments available on **Wednesdays**
and **Thursdays** at

Maypole Health Clinic, 3, The Barns, Howells
Farm, Maypole Rd, Maldon, CM9 4SY

Tel: 01621 888080

Mob: 07738 283858



To book a NES Health
Consultation and Scan

Call me on 07738 283858

Dee Witherspoon

Complementary Therapist



All treatments available at
Maypole Health Clinic

Reflexology

Reflexology in the Menopause

Facial Reflexology

Pregnancy Reflexology

Reflexology Lymph Drainage

Hot Stone Reflexology

Hopi Ear Candling

**Aromatouch Technique
with Essential Oils**

Indian Head Massage

Dee Witherspoon MAR, MFHT, CNHC Regd,
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