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## TREATMENT MENU

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The Journey began in 2008 when Siobhan discovered the world of Complementary Therapies.

Having had an emotionally challenging year within the Disability sector, it was brought to light that there was a passion for well being.

Qualified as a Reflexologist from the School of New Beginnings, Siobhan grew within the following ten years.

In 2020 Siobhan started to make her own wellness products. Candles, Wax melts, Room Sprays, and Roller Ball remedies. These beautiful hand made wellness products will fill your home with an aroma of essential oils, to help you relax, unwind and de-stress from a busy day.

All of the Wellness products are available to purchase online.

Please visit the website for more information.

[www.solerevivaltherapies.co.uk](http://www.solerevivaltherapies.co.uk)

A new skin care range Holos is introduced within the business. This beautiful skincare range is hand made in the South West of Ireland in Co Wexford.

Please find out more information about these products within this booklet.

Siobhan is currently a professional member of the Federation of Holistic Therapists, and the Association of Reflexologists.

This in essence helps her to provide first class experience and ultimately a professional holistic service with Sole Revival Therapies.

With Sole Revival Therapies you will be transported to a first class experience and will be provided a professional holistic service to ensure that you get the treatment that you deserve!





## Facial Treatments

### Zone Face Lift

The Zone face lift combines traditional Reflexology methods & ancient healing techniques from Native American shamans & uses pressure point massage with sacred healing herbs.

Renowned for removing as much as 10 years of anti-ageing over 12 weeks program.

**90 Mins   £75**

### Facial Reflexology

Focuses on pressure points on the face which helps to stimulate the body's healing mechanisms & improve circulation & nerve conduction, encouraging the release of toxins from the body via the lymphatic system.

**60 Mins   £45**

### Holistic Facial

Focuses on pressure points on the face which helps to stimulate the body's healing mechanisms & improve circulation & nerve conduction, encouraging the release of toxins from the body via the lymphatic system.

**60 Mins   £50**

### Bespoke Facial

Focuses on pressure points on the face which helps to stimulate the body's healing mechanisms & improve circulation & nerve conduction, encouraging the release of toxins from the body via the lymphatic system.

**60 Mins   £65**



## Body Treatments

### Aromatherapy Full Body Massage

Treatments are carried out using a bespoke blend of Essential Oils in your massage for the ultimate relaxation.

**75 Mins   £50**

### Swedish Body Massage

A classic therapeutic massage to promote relaxation by releasing muscle tension and increasing blood circulation.

**60 Mins   £40**

### Mindfulness Stone Therapy Body Massage

A therapeutic body massage using aromatherapy oils and volcanic stones. The warm stones penetrate your muscles taking you on a restorative journey into relaxation, hydration, helping you to unwind leaving you feeling rejuvenated & uplifted.

**70 Mins   £65**

### Indian Head Massage

A traditional Indian treatment dating back 4,000 years, as part of the Ayurvedic medicine . Working on the upper back, shoulders, neck, scalp and face .

**45 Mins   £30**





## Foot and Leg Treatments

### Reflexology

This ancient healing method, working the feet reflexes to help balance the bodily systems, through applying pressure on the reflex points. This beautiful relaxing treatment helps to calm the body & mind, restoring a positive spirit.

**60 Mins   £35**

### Back, Legs & Foot Massage

For all the runners, footballers, golfers, & cyclists, leg massage will relieve sore tired muscles, improve posture, & release any stiffness from exercise. Finish off with a foot massage using reflexology massage technique.

**35 Mins   £30**

### Leg Massage

To relieve sore tired muscles, improve posture & release any stiffness from exercise. Great for runners, footballers, golfers, & cyclists.

**25 Mins   £20**



# Maternity Treatments

## Aromatherapy Full Body Pregnancy Massage

A unique relaxing massage carried out with comforting pillows that moulds and supports .

Pregnancy massage reduces the aches and pains associated with Pregnancy. You will experience deeply nourishing and relaxing feeling.

**75 Mins   £50**

## Back, Legs & Foot Massage

Indulge in a pregnancy back massage, using comforting pillows that mould to every bump & supports everybody!

This treatment includes inhalation & guided breathing exercises massage to the back neck & feet.

**35 Mins   £40**

## Maternity Reflexology (available after 1st trimester)

A gentle relaxing tailored treatment suitable for the different stages, Infertility, pregnancy , and postnatal .

This very soothing safe and relaxing treatment which has many benefits throughout the different stages of pregnancy. Helps to bring about a natural state of relaxation, & balance within the body which in turn helps to reduce and alleviate the many symptoms associated with pregnancy.

**60 Mins   £35**

## Post Pregnancy

Reflexology treatment will help to relax prepare & support your body. Through working on the endocrine system to help support any imbalances in the body.

Reflexology is an invaluable treatment following the birth of your baby. Reflexology can restore balance & enhance physical & emotional well being.

**60 Mins   £35**





## Massage Treatments for Children

### Foot Reflexology

To assist with Children and teenagers physical, emotional and mental well being. Foot Reflexology helps to release stress, and reduce anxieties for children. The perfect antidote to stress and can help to improve cognitive function.

**30 Mins   £20**

### Facial Reflexology

Calming Facial Reflexology to relax children. Facial Reflexology is an amazingly effective in relieving symptoms of ADHD, syndrome disorders and anxiety in children.

**30 Mins   £20**

### Facial & Foot Reflexology

Working on the Face first to help with relaxation, this combination of Facial and Foot Reflexology will help to release stress and reduce anxieties for children and teenagers. Facial and Foot Reflexology to assist with physical, emotional and mental well being with children and teenagers.

**40 Mins   £35**



## Therapist's Recommendations

### Zone Face Lift Treatment with Holistic Facial

A natural anti-aging treatment to leave you looking good, feeling amazing and lift your spirits. Helps to reduce stress as well as migraines, sinus problems, IBS, Insomnia and depression. Treatment includes Hot towel deluxe facial with a beautiful healing visualisation.

**90 Mins   £75**

### Face & Foot Reflexology

Focuses on the pressure points on the face, which help stimulate the body's healing mechanisms and help circulation and nerve conduction, encouraging the release of toxins from the body via the lymphatic system.

This native American inspired treatment aims to reduce stress, improve circulation and Lymphatic drainage, aiding the removal of waste products and toxins.

**75 Mins   £60**

### Neck, Shoulders & Back Massage (w/mini facial)

Relax and de-stress with a neck shoulders & back massage, great for relieving tension in the neck and shoulders, and for any aches and pains. With an optional head / scalp massage, to boost the blood supply to the scalp. This treatment creates a balanced feeling of peace and calm.

**35 Mins   £30**

### Back, Legs & Foot Massage

For all the runners, footballers, golfers, & cyclists leg massage will relieve sore tired muscles, improve posture, & release any stiffness from exercise. Finish off with a foot massage to assist with relaxation,

**35 Mins   £30**





## Health Recovery Treatments

### Reflexology for Cancer Care

Reflexology to support you on a holistic level . Helps you cope with stress and anxiety. Lifts your mood and gives a feeling of well being.

### Aromatherapy for Cancer Care

Aromatherapy massage to help aid stress, tension & anxiety. Using essential oils to improve your health & well being.

For prices and information, please contact  
Sole Revival Therapies directly at 077 12531 660



## Products

### Soy Wax Candles

Hand poured using essential oils & soy wax to create our amazing fragrance candles. Candles have a 35 hour burn time.

**£12 each / 2 for £20**

### Soy Wax Melts

Hand poured Soy wax melts to help improve your mood & well being. Our wax melts are made using essential oils to fill your room with fragrance within minutes of melting.

**£4 each / 3 for £10**

### Room Sprays

A range of soothing calming & relaxing room sprays made with essential oils . These beautiful 100% natural room sprays will lift your spirits and help to alleviate stress, depression & tension.

**£10 each**

### Roller Ball Remedies

These 100% natural roller ball remedy oil will help you feel less stressed, more chilled and help you breathe more easily leaving the stresses of the day behind you. Roll the oil onto your wrists, behind your ears, or across your forehead to help you to relax and calm a busy mind.

**£10 each**







[www.solerevivaltherapies.co.uk](http://www.solerevivaltherapies.co.uk)