Holistic Therapy				Ber	nefit				Med	lium	Body Area							
Holistic Therapies are not all about relaxation and distressing but a great way to focus within, to help you realise your full potential in your work as well as your joy and fulfilment of life.	Relieve Body Tensions	Help Posture	Improve Suppleness	Ease Discomfort	Relax the Body	Reduce Stress and Anxiety	Soothe the Mind	Boost Immunity & Aid Natural Healing	Oils, Essential Oils or Powder	Through Thin Clothing	Face and Head	Shoulders	Arms and/or Hands	Abdomen and Diaphragm	Back and up to Neck	Back and down to Sacrum	Legs	Feet
Body Massage									\checkmark				•					-
Indian Head Massage (abridged)									V	V			•					
Aromatherapy									V				•	•				-
Reflexology (abridged)									V									
Remedial Massage									\checkmark		•			-				-
Remedial Techniques									1	V								
Stretching Techniques										V						•		
Movement and Stretching Exercises										V				•		•		-
Breathing Exercises										V								
Energy Balancing and Reiki										V							•	