

# Wholistic Beauty Treatments with LARRAINE

at

# Bliss

[www.blissbeauty.com](http://www.blissbeauty.com)

**We are open for treatment  
most days from 9am to 9pm.**

There is an extra charge after 5pm

A DEPOSIT IS REQUIRED FOR ALL BOOKINGS OF 1 HOUR AND OVER

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## **“A Beautiful woman is one whose outer radiance reflects her inner harmony.”**

Over the last 40 years giving beauty treatments, I have never stopped learning and researching new skills, which is why I have developed a more holistic approach in recent years. My treatment room is a Celtic cave where I can cocoon you in care and use the empowerment of energy and wholeness to treat you, the spiritual woman. You can indulge in treatments to reawaken your Divine energy, fuel your vital life force and find peace, harmony and inner Bliss!

Trying to describe what I give is impossible – it's something you need to experience! I charge approximately £60 per hour for what my intuition tells me you need at the time of treatment.

### **The peace treatment £60.00**

One hour of peace and relaxation using techniques that are chosen just for you.

### **Holistic Facial 1¼ hours £60.00**

I start with a back massage using acupressure points to clear blocked energy. The ancient Chinese philosophy uses your date of birth to pin point the best products that work on reflex points on the back, face, neck and feet. I use clays representing wood, fire, earth, metal and water to release energy throughout the body, clear blockages and encourage a glowing complexion.

### **Total face and body treatment with a meditative healing algae bath 2½ hours £150.00**

Clays, essential oils and trace elements are applied to four specific zones of the body to aid regeneration, oxygenation, assimilation and elimination. Chinese massage unblocks meridians and boosts energy levels to bring the physical and emotional body into balance. (A course of treatments is recommended to maintain this balance for six months.)

### **Foot massage using reflexology techniques 30 mins £35.00**

A specialist massage technique which both relaxes yet stimulates the body's energy and immune systems.

**Indian head massage** (*I was taught this in India by an Indian!*)  
**20 mins £25.00**

By stimulating the circulation of the scalp, it relieves eye strain, headaches, sleep disturbance, depression and anxiety.

**Indian head and body treatment**

**1<sup>1</sup>/<sub>4</sub> hours £75.00**

The feet are soaked in sumptuous oils while the head is stimulated yet soothed. Vital energy is activated through the chakra's while the body is massaged using calmic oils, inducing deep relaxation and positive energy.

**Original La Stone Spiritual Massage**

**2 hours £120.00**

A ritualistic and spiritual hot and cold stone massage originally based on the traditional healing practices of the native American Indians.

**Massage using vital energies and stones**

**1/2 hour £30.00 1hour £60.00**

**Stress management and stilling meditation**

**45mins £40.00**

Using visualization and muscle tension and release. No need to undress – learn 'to be' and not 'to do' ... it's Bliss!

**Taijiwuxigong Practice and Acupuncture  
with Mike Power**

A traditional method of Chinese medicine to clean the physical body, the energy system and the emotions. This is achieved using sitting, standing and moving exercises, spontaneous body movement and mental concentration.

GROUP SESSIONS BY ARRANGEMENT – PLEASE ASK

MEDITATION GROUPS MEET WEEKLY

Would you like your partner to massage your head and shoulders? Book time together and I can teach using you as the model!

**For general beauty treatments, Reiki, Pranic Healing  
and Sexual Health see separate price lists**

If 24 hours notice is not given we will have to charge the full cost of the treatment. If you are late for an appointment, we will endeavour to do what we can in the time remaining. We are unable to accommodate children or mobile phones!

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