



DEBORAH REYNOLDS  
LOTUS TREE YOGA & WELLNESS

TREATMENT GUIDE



**DEBORAH REYNOLDS**  
LOTUS TREE YOGA & WELLNESS

Prepare to nourish your body, mind and soul.

### **Yin and Yang Yoga Classes** (one to one & group sessions)

Yin Yang Yoga blends two styles of yoga into one practice, bringing together the benefits of passively holding yoga poses with more dynamic sequences and standing postures. Yoga is an ancient form of exercises that focus on strength, flexibility and breathing to boost physical and mental wellbeing.

## Wellness Treatments

### **Holistic Facials**

**£46**

A Holistic Facial contains the same principles as a regular Facial in that a routine of cleansing, toning, exfoliating and the application of a face mask and moisturising is followed, yet it takes a holistic approach concentrating on the person as a whole, setting and working towards long term health and lifestyle goals.

Your treatment starts with a consultation about your health and lifestyle goals. I will choose an appropriate oil based on your skin type to use for the treatment. This facial will leave your skin deeply cleansed and perfectly replenished. A relaxing massage with essential oils is combined with a home made mask to softly cocoon the skin, leaving your skin at its very best.

### **Reflexology**

**£44**

Reflexology is the application of pressure to area's on the feet. Reflexology is very relaxing and may help alleviate stress. The theory behind reflexology is that areas of the feet correspond to organs and systems of the body. Reflexology has many health benefits; Relaxation, improvement of your nerve functions, increased blood circulation, eliminates toxins, reduces headaches and boosts your metabolism and energy levels.

I cleanse the feet in preparation then gently massage them with peppermint cream, before working the reflexology points on the feet. This treatment will leaving you feeling relaxed and at ease.

### **Aromatherapy Massage**

**£48**

Aromatherapy Massage is a Swedish massage therapy using essential oils. During an Aromatherapy Massage, you inhale these essential oil molecules and absorb them through your skin. They promote beneficial changes in your mind and body by affecting the limbic system, a region of the brain known to be involved in emotion.

Your treatment begins with a guided meditation, all designed to relax body and mind. A beautiful massage using aromatherapy oils will work to decrease stress levels and release endorphins; leaving you feeling relaxed and happier, prepare to be lost in a blissful state.

### **Reiki**

**£42**

Reiki is a Japanese form of alternative medicine called energy healing. Reiki practitioners use a technique called palm healing or hands-on-healing. Through the 'universal energy' that is transferred through the palms of the practitioner to the patient the practitioner encourages emotional or physical healing.

Your treatment begins with a guided meditation and breathing techniques, designed to relax body and mind. Allow yourself to drift into a state of deep relaxation with this hands on healing, to balance the energy centres in your body.

## Yoga Class Timetable

9:30am - 11:00am

Monday, Wednesday, Thursday & Friday

1:00pm - 2:30pm

Monday

Classes and treatments are held regularly at our premises in Congleton, we also offer classes and treatments in a variety of other settings, please get in touch to find out more.



“Our goals can only be reached through the vehicle of a plan. There is no other route to success.”

*Pablo Picasso*



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