



BARE HEALTH HOLISTICS

Bare Health

Your Health, Your Well-Being, Naturally



Personal Development Coaching

Personal Development Coaching is about empowering you to be the best of yourself. It introduces concepts and techniques that will enable you to adopt different strategies to improve confidence, motivation, self image and relationships with others. Coaching is about drawing out your inner potential and helping you to reach your life goals. Whether this is related to your work, health, relationships or how you spend your leisure time, my coaching can help you to identify what you actually want in life and how you might achieve it.

- Full Day Workshops - **£50** per person (**Max 8**)
- One to One Coaching - **£30** per one hour session
- **FREE** 30 minute consultation to assess whether coaching can help you

For more information about the content of each workshop
please follow the link below:

www.life-ascension.co.uk or email: lisa@life-ascension.co.uk

Medical Herbalist

Medical herbalists combine traditional knowledge with the latest scientific research about botanicals and human physiology. This enables them to prescribe bespoke, natural remedies. Their aim is to treat the underlying cause of your health concern rather than the symptoms alone. Herbal medicine can be utilised to treat many health problems including: Digestive concerns, respiratory disorders, skin disorders, hormonal problems, mood disorders and Muscle & joint problems.

- Initial Consultations: **£45**
- Subsequent Consultations: **£20**
- Typical Charge for Medication: **£7** per week

Homeopathy

Homeopathy is a holistic system of medicine which involves treating the person with highly diluted substances, with the aim of triggering the body's natural system of healing. A safe and effective treatment that treats the individual on all levels, mentally, emotionally & physically.

- **Jane Bowdenleigh** (Specialising in emotional problems)
Initial Consultation £59 (approx 1.5hrs)
Follow up session £39 (45mins – 1hr)
- **Anna Hughes**
Initial Consultation (approx 1.5 hours) Adults £60 / Children £50

Hypnotherapy

Hypnotherapy is the practice of promoting healing or positive development, in any area, using the state of hypnosis. It may help with phobias, smoking cessation, stress relief, relaxation, more relaxed pregnancy & Childbirth and much more.

£60 for 1 – 1.5hrs

Hypnobirth

Hypnobirthing is a birth education process, which aims to teach deep relaxation and puts you in control of your pregnancy and birth. You and your birth partner are empowered to fully participate in the birth of your baby, feeling relaxed and free from stress.

- Hypnobirth Course (3 x 2- 2.5hrs) **£160**
- Hypnosis for fertility session **£60**

Relaxation Session

A guided relaxation session to induce a deep sense of inner calm, peace and relaxation in a warm and tranquil setting.

- **£40** per session

NLP

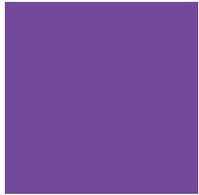
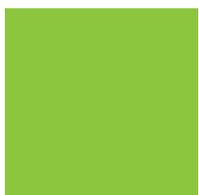
NLP stands for Neuro Linguistic Programming, it is a means of personal development and exploration, identifying behaviour patterns and focuses on how the mind and body interact, and how thinking and behaviour can be influenced by language

- **£60**

Food Intolerance / Vitamin & Mineral Testing

Experienced Intolerance tester who may help to resolve Irritable Bowel Syndrome, Fatigue, Bloating, Weight gain, Headaches/migraine and mood swings with a professional consultation.

- A painless procedure with instant results.
- **£45** (approx 1hr session)



Aromatherapy

A deeply relaxing massage, using essential oils tailored to the clients needs. A Holistic therapy, taking the clients physical & emotional needs into consideration. It delivers a relaxing and beneficial therapeutic effect, reducing stress and inducing a feeling of well being.

- £30 (1hr 15mins)

Reflexology

An ancient treatment which encourages the body to heal itself. This involves the stimulation of pressure points on the feet that correspond to specific body areas, which may help to alleviate symptoms by balancing the body and boosting the immune system. Includes a relaxing massage to the lower legs and feet.

- £30 (upto 1hr 15mins)

Indian Head Massage

This massage concentrates on the upper back, shoulders, neck, head and face. It can be stimulating, increasing circulation and helping to remove tension and anxiety.

- £20 (45mins)

Nutritional Consultation

A wider understanding of what we eat and drink and how it affects our minds and bodies is an essential tool to help achieve an optimum level of health. A consultation involves an informal discussion and assessment of your diet and lifestyle which enables the therapist to advise and plan a tailor made programme. These nutritional discoveries will enhance well being, health and vitality and help the body to rebalance and restore.

- Initial Consultation £35 (1.5hrs)
- Follow up £30

Swedish Body Massage

A holistic treatment adopting a range of massage techniques, recognised for having a stimulating effect on the body, helping to relieve stress and tension in the muscles.

- **£30** (1hr 15mins)

Reiki

A system of healing that is very gentle but can have a profound effect. The therapist may lightly place the hands on the body or hold them slightly above. Universal energy, sometimes called 'chi' is channelled to the client assisting the clarification of mental and physical pathways already in existence in the body which may have become blocked or redundant. Reiki is usually described as a deeply relaxing experience, which aids physical, emotional & spiritual well being .

- **£25** (1hr)

Hopi Ear Candling

A gentle Native American treatment that may help relieve a range of conditions such as sinus problems, hay fever, migraines/headaches, tinnitus, excessive ear wax and much more. It is a deeply relaxing treatment which works on the whole body. Concludes with a soothing face & scalp massage.

- **£28** (1hr 15mins)

Neals Yard Holistic Facial

The aim of a holistic facial is to improve and maintain the condition of the skin whilst promoting relaxation and a sense of well being. Neals Yard organic skin products, specifically tailored to the clients skin type and the use of essential oils enhance the effectiveness of the facial alongside a facial massage that induces a deep feeling of relaxation. A wonderfully nurturing treatment.

- **£35** (1hr 15mins)

Sports Rehabilitation & Massage

- Massages from **£20** for 30 mins • Initial Assessment - **£45**
- Rehabilitation from **£35** for 30 mins • Body MOT - **£45**

Discount packages available

Natural Facial Lift Massage

This massage applies the tried & tested techniques of Acupressure, Massage & Manual Lymphatic Drainage. This natural procedure is designed to reduce muscular tension in the face and jaw, release expression lines and wrinkles whilst draining away excess tissue fluid giving a noticeably fresh and more youthful appearance to the skin. A thoroughly relaxing treatment.

- **£35** (1hr 15mins)

Combined Facial & Lift Massage

- **£55** (2hrs)

No Hands Massage

No Hands massage is a deep, relaxing & releasing massage which can be rejuvenating or nurturing dependent on the client's needs. It is a very effective treatment using the soft surfaces of the forearms instead of the hands which delivers a deeper and more relaxing treatment than conventional massage.

For this reason, it has become known as the 'Gentle Giant of Massage'.

- It is a massage that works on every level: Physical, Energetic, Emotional, Mental & Spiritual.
- Initial Consultation **£35** (1.5hrs)
- Subsequent sessions **£30**



Back, Neck & Shoulders Massage

- **£20** (45 mins)

Counselling

“...and then came the day when the risk to remain tight in a bud was more painful than the risk it took to blossom”

Counselling is about helping and supporting the individual to find their own strategy to cope with difficult situations, past or present, in their lives. It can help us to become aware of our own needs, explaining emotions and feelings, leading to a more fulfilling way of responding in the future. Talking to a counsellor is not a sign of weakness but one of strength. Counselling is about providing a safe and confidential environment with someone who offers empathy and understanding in a non-judgemental way.

- **Sessions usually last 1hr Fees: £35 per hour**



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