

Complementary Healthcare

Aroma HealthCare also offers a range of powerful natural therapies for men and women, aimed at detoxifying the body thereby improving the immune system, restoring good health and promoting well being. These include:

- ◆ A pathogen cleanse programme – to help rid the body of parasites, accumulations of chemicals and harmful bacteria.
- ◆ A liver cleanse programme based on a North American Indian recipe – to flush the liver of toxins, parasites and cholesterol that left untreated could form gallstones and other complications.

Lung, bowel and kidney cleanses available.

- ◆ Food Intolerance Testing ~a unique service where analysis of a person's blood can be used to identify food intolerances. Also available are heart and allergy tests.

Workshops and short courses available on request.

Home visits for all treatments also available

Contact Miriam for further details
Find out more or book online at:
www.aromahealthcare.net

Miriam Drugan trained at the Belfast Institute of Further & Higher Education where she was awarded Diplomas in Aromatherapy Massage and Swedish Massage recognised by the International Institute of Health and Holistic Therapies.

She is also a qualified practitioner in Indian Head Massage and Reiki. And trained to perform Ear Candling. Miriam is a member of the Federation of Holistic Therapists and is bound by a strict code of ethics. You can be assured and confident that you will be in the hands of a highly competent professional during your consultation.



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*Aromatherapy Massage
Reiki, Ear Candling,
Indian Head Massage
and a range of
Complementary Healthcare
Programmes & Products*

*Giving You the Best
Naturally*

Aromatherapy Massage

Aromatherapy is a modern name for the ancient knowledge of healing and improving health using fragrant, natural ingredients.

The aromatic oils extracted from plants are administered through massage.

Each oil has its own unique medicinal properties which can be used to treat specific problems or to improve health generally and alleviate stress and anxiety.

Reiki

Reiki is a healing system which allows you to heal yourself and others by the laying on of hands. Reiki is pronounced "ray-key". *Rei* means universal, and *Ki* means spirit, energy or life force. Reiki works on and at all levels, Spiritual, Physical, Emotional and Mental. The healing energy is drawn through the healer's body.

Indian Head Massage

Indian Head Massage originated in Asia over 4,000 years ago, where it was practiced within the family and the techniques were passed down from generation to generation.



An Aromatherapy massage helps alleviate the symptoms of:

- ◆ Fatigue
- ◆ Insomnia
- ◆ Stress
- ◆ Sinusitis
- ◆ Tension
- ◆ PMT
- ◆ Backache
- ◆ Digestive Disorders
- ◆ Circulatory Problems
- ◆ Respiratory Infections

Benefits of massage include:

- ◆ Stress Reduction
- ◆ Increased Energy
- ◆ Improved Circulation
- ◆ Lower Blood Pressure

Benefits of Reiki include:

- ◆ Brings more harmony, balance and a sense of well-being into one's life
- ◆ Relieves stress, promotes deep relaxation
- ◆ Encourages self-healing

Benefits of Indian Head Massage include:

- ◆ Improves blood circulation to the head, neck and shoulders
- ◆ Disperses toxins in muscle tissue that cause them to be tight and sore
- ◆ Alleviates mental tiredness, anxiety and stress

Body Treatments ~ Price List

All massage treatments use organic essential oils. Aroma HealthCare provides free consultations.

Aroma HealthCare Deluxe ~A full body massage combining hot stones , acupressure and Reiki ~ £35

Holistic Aromatherapy Massage – this therapeutic full body massage will leave you blissfully relaxed resulting in a feeling of well being and calm ~ 1 hour, £30

Back, Shoulders, Neck, face and scalp – a firm but wonderfully relaxing upper body massage designed to relieve tension from tired muscles ~ 40 minutes, £22

Back Massage – concentrating on areas of tension this massage brings relief from aches and pains, and improves lymphatic drainage. ~ 30 minutes, £15

Reiki treatment including face massage ~ £25

Ear Candling including face massage
30 mins ~ £15 1 hour ~ £30

Indian Head Massage ~ 30mins ~ £16

*Your Health is your
Greatest Asset*