

The Treatment Room

Beauty & Holistic Therapies

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Newsletter
www.thetreatmentroom.org.uk

New Premises for The Treatment Room

The Treatment Room has found a new home at the newly refurbished premises on Bishop Street.

The premises are new but the ethos remains the same. The Treatment Room's ethos is about you, and allowing to time out to relax, unwind and forget about the worries of the day in the short time that you are with us! The warm and welcoming ambience of the therapy room is the perfect beginning of your treatment.

Recognising that the world we live in can be a hectic one at times, we have a range of complementary and beauty therapies to reduce the symptoms associated with stressful living.

Our complementary therapies are designed to calm and soothe

the mind. We are passionate about delivering bespoke, unique therapies that are



**Relaxing Therapy Room @
The Treatment Room on
Bishop Street, Derry.**

tailored to your needs. We have complementary therapies and beauty treatments to suit your times and budget. Our facials start from £15, using

natural and organic products from Neal's Yard Remedies. (www.nealsyardremedies.com)

The Therapeutic Back Massage is a 30 min treatment tailored to your needs for £20; and the Full Body Massage will finish with an Indian Head Massage for £30.

Late night appointments are not a problem-just ask, and I'll do my best to accommodate you!

Treatments are carried out by fully qualified and insured therapists.

To decide which treatment is best for you check out our website on www.thetreatmentroom.org.uk

And book your appointment by telephoning Michaela on 07708 46 72 09.



Pampering with a Purpose

With the current economic climate and surrounding doom & gloom, we could all do with a bit of pampering that aims to de-stress.

The Treatment Room offers a wide range of therapies and

treatments to de-stress you or your frazzled friends. Melt away physical tension with an Indian Head Massage that uses a blend of aromatherapy oils specifically designed for stress relief.

Forget about the outside world as you relax on a heated massage couch; and the

treatment begins with a therapeutic back massage, finishing with a full chest, shoulder, neck and head massage. The perfect remedy for banishing stress and easing mental and facial tension.

The treatment lasts for approx. 1 hour and costs £30.

Reflexology



Reflexology is a gentle form of natural healing. It is a wonderful, holistic therapy that uses pressure point massage techniques on the feet.

The feet have reflex points that correspond with every part of the body. By working these reflexes the Reflexologist promotes a sense of deep relaxation bringing the body, mind and spirit into a state of balance.

Reflexology is also used as a preventative healthcare

treatment to maintain health and a sense of well-being.

Following a short consultation to assess your current lifestyle and medical history; you will be asked to remove your footwear and relax on the massage couch. The treatment commences with a relaxing foot massage.

The reflexology treatment lasts for approx. 1 hour and costs £30.

The Treatment Room is pleased to welcome a new fully qualified and insured

Reflexologist.

Bridgeen Byrne of Happy Feet Reflexology is available by appointment on **Thursdays**, here at 21a Bishop Street. Bridgeen can be contacted at: **07513 85 40 91**.

For all other Reflexology appointments please contact The Treatment Room on 07708 46 72 09.

For Further
information on the
Therapies &
Treatments offered @
The Treatment Room
please contact
Michaela Elliott
07708 46 72 09

Christmas All Wrapped Up

Why not make life easy for yourself this Christmas by purchasing one of The Treatment Room's Gift Vouchers?

Our gift vouchers come beautifully presented in a gift box tied up with a gorgeous red chiffon ribbon.

The gift vouchers can be purchased for a specific treatment or for a value of your choice. We have an

extensive range of treatments to suit every budget. Our facials start from as little as £15; whilst our body massages start from £20 for a Therapeutic Back Massage.

Our Gift Vouchers have a 10 month expiry date.

Shopping Early?

Do you want to do your Christmas shopping early? Then we will accommodate

you by putting a December purchase date on your chosen Gift Voucher; giving your gift recipient 10 months from December to use their voucher!



Scents-ible Solutions

Aromatherapy scents within the air can have several beneficial effects on the physical, mental and emotions.

Oil burners, blended massage oils and warm baths are a cheap and effective

method of benefiting from the wonderful effects of aromatherapy.

Important notes for essential oils is to keep away from children & pets; and do not apply directly onto the skin. Check the 'caution' information associated with each essential oil.

Cinnamon Leaf Oil: A comforting oil in the cold winter season. Burn no more than 1 or 2 drops in an oil burner with water to clear the air and prevent the spread of the flu virus.

Over use of the oil can irritate the mucous membranes and the skin.

Caption
describing
picture or
graphic.

