



MAGENTA THERAPY PRICE LIST 2021

(Payment can be made by Cash, Card or Bank Transfer)

	PRICE	LENGTH (plus ½ hour consultation time)
SINGLE TREATMENTS		
• Reflexology	£32	40 mins
• Reiki/Crystal Healing	£32	40 mins
• Physiokey Pain Relief Session	£40	40 mins
• Aromaflex Reflexology (with essential oils)	£37	40 mins
• Physiokey Blast	£25	25 mins
• Seated Reiki/Crystals	£20	20 mins
• Reflexology Taster (+ suitable for children under 12)	£15	15 mins

COMBOS/PACKAGES		
• Hands & Feet Reflexology	£42	55 mins
• Reflexology + Chakra Balance/Cleanse	£40	55 mins
• Reiki + Aura Reading/Drawing	£50	1 hour
• Crystal Healing + Personalised pack of 6 crystals	£45	1 hour
• Silver Package (Reflexology, Crystal Therapy & Reiki)	£85	3 sessions
• Gold Package (Physiokey, 2 x Reflex & Reiki)	£135	4 sessions

PAY In ADVANCE OFFER		
• Pay up-front for 3 x £32 sessions (save £9):	£90	
• Pay up-front for 6 x £32 sessions (save £18):	£180	

TRAINING COURSES

Reiki I (3 weekly sessions plus homework, case studies and follow-up)

In Person	£95
Distant Learning/Zoom	£80

Reiki 2 (Practitioner) (4 weekly sessions plus homework, case studies and follow-up)

In Person	£120
Distant Learning/Zoom	£100

Reiki 3&4 (Master Teacher) (6 weekly sessions plus homework, case studies and follow-up)

In Person	£250
Distant Learning/Zoom	£200

(Note: Zoom sessions include a distant attunement but in order for your qualification to be recognised by insurance bodies you will need to attend in person for your final attunement) (Deposit required in advance for all Reiki courses)

Reiki Refresher for those already attuned to Reiki	£45	1.5 hours
---	-----	-----------

SELF-HELP COURSES (1 hour)

- Introduction to Crystals
- Self-Help Hand Reflexology
- Self-Help Massage and Acupressure Points
- Meditation Techniques

In person:	£20
Distant Learning/Zoom:	£15

CHANNELED & PERSONALISED SPIRITUAL ART	10" x 8" mounted
Pencil Sketch/Coloured Pencils (Traditional Style)	£40
Acrylics/Watercolours/Inks etc (Modern/Abstract)	£60

For other sizes and mediums please get in touch.

CRYSTAL SHOP Mystical Gems sells a wide range of tumblestones, jewellery, minerals, healing wands, salt lamps etc. together with advice on crystal choices and their different properties. Visit by appointment or purchase from the Therapy Room after your treatment. <https://www.etsy.com/uk/shop/MysticalGemsuk>

01502 512780 / 07595 190255 / info@magentatherapy.co.uk / www.magentatherapy.co.uk

INFORMATION & AFTERCARE ADVICE

INTRODUCTION

Holistic or Complementary therapies are healing treatments which assist with stress relief and relaxation and improve overall well-being. They work with the body as a whole rather than just focusing on a set of symptoms or specific organs, encouraging healing **on Physical, Emotional, Mental and Spiritual** levels. They work alongside traditional medicine and shouldn't be seen simply as an 'alternative' therefore any major health and medication decisions should be discussed with your GP. Some health conditions are contraindicated (meaning you will not be able to have a treatment). These include: DVT/PE, Cellulitis, Notifiable and Infectious Diseases and imminent medical tests. Other conditions may require a GP's consent or adaptations to the treatments. Please be sure to disclose any conditions to your therapist.

PREPARATION

Please ensure that you have clean feet for Reflexology. It is not advisable to eat a heavy meal or exercise vigorously prior to or after a treatment. You may be refused treatment if under the influence of drink or drugs. If you are on medication then please bring details of this to your appointment. All client information will be kept strictly confidential.

WHAT TO EXPECT

During the treatment:

- Try to relax, close your eyes and breathe deeply
- Although you may feel like chatting, you will gain more positive benefits if you remain in a quieter, more reflective state

Directly after the treatment:

- Avoid any heavy meals, too much alcohol or caffeine or a very late night
- Drink plenty of water
- You may feel tired or drowsy immediately afterwards but this is a natural reaction to the detoxification process and you should feel more energised the next day.
- Other possible reactions include headaches, nausea, increased urination or bowel movements and perspiration but these should be temporary and pass in due course.

In general:

- Try to follow a healthy fresh food diet where possible
- Regulate/reduce your alcohol, nicotine and caffeine intake to aid the detoxification process
- Find some time between treatments for rest and relaxation.

NOTE: If you are diabetic or on any strong medication, then it is advisable to monitor levels e.g. blood sugar before and after bodywork treatments as sometimes minor fluctuations to your normal levels can occur.

Spiritual detox: a healing session can sometimes cause suppressed emotions to come up to the surface in a cleansing cycle. It is recommended to allow this process to unfold naturally and take plenty of rest and reflection time until it passes.

AROMAFLEX AFTERCARE

AromaFlex is a combination of Reflexology and Aromatherapy and as such is a safe, non-invasive relaxation therapy. The essential oils that have been used for your treatment have therapeutic properties that will continue to work for 24 hours afterwards. Therefore, I advise that you do not bathe, shower or swim for several hours for maximum benefit. Some oils may make your skin sensitive to sunlight so it is best to avoid sunbathing or sun-beds until you have removed the oils from your skin. In addition, hair dye and tattoos can sensitise the skin and interact with the oils causing reactions. If you react in any way to the oils, please wash them off with soap and water and pat dry. Respond in a similar way if you have a reaction to any of the oil blends used in Massage treatments. Contact me on 07595 190255 to let me know you have had a reaction so I can make a note in your records. If symptoms worsen or persist for longer than 24 hours, please seek medical advice.

GENERAL INFO

- *Cancellations require 24 hours' notice or a £10 fee will be charged*
- Text reminders are sent to the mobile number you provided prior to your appointment
- Please don't arrive more than 5 minutes early as I may be with another client
- Parking is outside on the road. Please be conscious of neighbours' access areas.
- Gift vouchers are available – please get in touch.

If you have any questions or problems, please contact Marie on the numbers below:

Marie Long, 4 Herons Close, Oulton, Lowestoft, Suffolk NR32 3LB
01502 512780 / 07595 190255 / info@magentatherapy.co.uk / www.magentatherapy.co.uk