



Holistic Therapies

AT MARTHA'S ORCHARD



Another Day, Another Dream

Relax & unwind in the comfort of your accommodation with a range of therapies brought to you by our professional & experienced therapist.



With all treatments, pressures and techniques are adjusted according to your particular requirements. A consultation is given prior to every treatment, so that you can gain the most benefit from the treatment.

HOLISTIC & ADVANCED MASSAGE

Body massage is an effective traditional therapy used for releasing muscle tension and relieving aches and pains, to promote relaxation and alleviate stress.

Tension can be caused by repetitive movements, or prolonged periods in fixed positions such as office work & driving.

This therapy can be directed at one area of the body, or alternatively the whole body can be treated. Oils will be used with a light touch or firm pressure applying deep tissue massage techniques, depending upon your preference.

You have the choice of a 60 minute massage where attention will be given specifically to a particular area such as the back, neck and shoulders. Up to 90 minutes for a full body massage. Or indulge yourself with a 120 minute deluxe massage where the full body can be treated, including the scalp and face with extra attention given to particularly tense muscles.

FACE, SCALP, NECK & SHOULDER MASSAGE

This treatment can be either with oils to moisturise the skin and hair, or alternatively with no oils and with you fully clothed. The massage focuses on areas of tension and stress, helping to relax and uplift the facial muscles and relieve those tension-related headaches.

REFLEXOLOGY

Reflexology is a non-invasive and relaxing holistic therapy that treats the whole body via the feet. It is based on the principle that reflexes in the feet represent every part of the body. These pressure points are stimulated to release energy blockages and to help the body achieve a natural balance. Reflexology is aimed at improving physical and mental well-being and reducing stress.

This treatment also thoroughly massages the feet relieving the aches and pains for those of you who are on your feet all day.



To book your treatment please
call Grace on 07964 126 361

10% Group Discount for 3 or more
consecutive treatments within the same
accommodation.



TREATMENTS & PRICES

Our therapist, is available for appointments between 8:00am and 8:00pm. Please arrange your appointment in advance to avoid disappointment.

All equipment required including massage couch, towels, music and a range of oils will be provided by our therapist Grace.

Massage

Back, Neck & Shoulder Massage
60 minutes £55

Face, Scalp, Neck & Shoulder Massage
60 minutes £55

Full Body Massage
90 minutes £70

Deluxe Massage – Full Body with particular attention given to tense muscles
120 minutes £85

Reflexology

Traditional Reflexology
60 minutes £55

Deluxe Reflexology – includes leg massage
90 minutes £70

To book your treatment please call Grace on 07964 126 361

10% Group Discount for 3 or more consecutive treatments within the same accommodation.

About our therapist GRACE RETALLICK



Grace is qualified with VTCT, ITEC and graduated from the College of Craniosacral Therapy.

Grace has been working as a Holistic Therapist at Wadebridge Osteopaths and also in the French Alps, with over 10 years experience.

Grace is also qualified in Craniosacral Therapy, Aromatherapy, Sports Massage, Hopi Ear Candling and Reiki. She has trained at Truro College (Plymouth university), Devon Academy of Complementary Therapies, as well as the College of Craniosacral Therapy in London.

Please contact Grace for bookings, or if you have any questions or require more information on any of the treatments, she will be more than happy to help.

Terms & Conditions

- 48 hours notice is required for any cancellation or the full fee may be charged.
- Information and prices are correct at time of printing (August 2019), and may be subject to change.
- Consumption of alcohol prior to treatments may have an adverse effect.
- A full consultation will be carried out before each treatment. Grace has the right to refuse treatment to anybody at anytime, regarding medical or any other reasons.
- Please inform Grace prior to treatment of any serious medical conditions, recent operations and pregnancy.
- Payment will be taken preferably at the time of booking by bank transfer. Please contact Grace for more information.



Martha's Orchard
Constantine Bay
Cornwall PL28 8JQ

T: 01841 520 550
E: hello@marthasorchard.co.uk

© Martha's Orchard 2019 | All Rights Reserved