

ALSO AVAILABLE

Angel Card Reading - one to one

For guidance & inspiration-in depth reading £30.00

OR

Host an Angel Card Party of 4-5 people
and have your reading free

House guest £20.00 per person



Cheryl Spreadbury

**Holistic Therapist
and
Clairvoyant/Psychic Medium**

Tel No : Eastleigh 023 8036 9514

email: tranquilityrainbow@yahoo.co.uk

**Holistic Treatments
&
Angel Card Readings**

**Ideal for stress, anxiety, back pain, insomnia
Sinuses, Headaches plus many more.....**



FEEL the relaxing benefits of :

***Reflexology * Indian Head Massage * Reiki*
*back/body massage * Hopi Ear Candles***

Tuesdays, & Saturdays

**Working from home "Treatment Room"
in a residential area of Eastleigh
near to the new Pirelli Housing Estate.**

ICHT & IHHT Qualified Therapist

REFLEXOLOGY

The treatment works by massaging reflex areas on the feet along energy lines called meridians, which link to various parts of the body. Ideal for stress, anxiety, sinuses, insomnia, migraines, back trouble, IBS, circulation, plus many more.

45 min to 1 hour - Includes foot massage Price £30.00

HOPI EAR CANDLES - (Thermal auricular)

The candles are hollow tubes made from linen, herbal extracts, honey, Camomile and St John's wart. The warmth from the candles cause a vibration, which in turn massages the eardrum, helping then to draw out any impurities in the ear, releasing sinuses that may be blocked. Ideal for sinuses, migraines, vertigo, tinnitus, compacted ear wax.

40 minutes - Includes a facial massage Price £22.00

INDIAN HEAD MASSAGE

This treatment can be given through clothing. Massaging the back, neck & shoulder area, as well as the head and face.

Ideal for neck/back pain, migraine, insomnia, depression.

30 min -includes head, face, neck & shoulders Price £15.00

SWEDISH BODY MASSAGE

The treatment itself is very relaxing, as well as helping the blood and lymph to flow round the body, releasing toxins and encouraging circulation.

Ideal for back pain, stress, depression, insomnia, circulation

Back/neck 30 min £18.00 - Full body 1 hour £30.00

HOT STONE MASSAGE - (La Stone therapy)

The ultimate massage. Hot basalt stones are used as an extension of the therapist's hand. The heat from the stones relax the muscles quicker, giving deeper relaxation.

Ideal for nervous tension, relaxation, release of toxins

Back 30 min £25.00 Full body 1 1/4 hour £45.00

REIKI

Reiki is an energy, which is channelled through the healer to the client. Sensations of warmth or tingling may be felt which is quite normal, gentle and safe.

Ideal for bringing the body back into balance, as well as working on the mental, emotional and physical levels

30 min Price £15.00 1 hour Price £25.00

WAXING

| | | | |
|---------------------|--------|-------------------|--------|
| 1/2 leg | £10.00 | Underarm | £ 5.00 |
| Full leg | £15.00 | Lip or chin | £ 4.00 |
| Full leg and bikini | £18.00 | Eye brows | £ 6.00 |
| Bikini | £ 6.00 | Back/chest (from) | £10.00 |

There is a 50% cancellation charge for any missed appointments or cancellations without 24 hour notice.

I am also a reputable & renowned Medium

Separate from the other treatments that I do, also available are Angel Card readings for guidance and inspiration as well as Mediumship. (see back of leaflet for more details)