

SIGNATURE TREATMENTS



Offering you the best 'me time' money can buy, these combinations of treatments offer you a truly holistic experience.

Half & Half (60mins) **£50**

Two treatments for the price of one, 30 minutes of massage followed by 30 mins of Reiki healing energy.

Peace (90mins) **£80**

Reflexology and Reiki Healing.

Serenity (120mins) **£100**

Full Body Aromatherapy Massage and Reiki Healing.

Opulence (2hrs 45mins) **£155**

Full Body Therma-Bliss Hot Stone Massage, followed by a full Reiki session, complemented with a Divine Facial.

Call: 07847 255 537

Email: Caroline@RitualTherapies.co.uk

www.RitualTherapies.co.uk



RITUAL THERAPIES

To book appointments with Caroline

Call: 07847 255 537

Email: Caroline@RitualTherapies.co.uk

or book online at:

www.RitualTherapies.co.uk

Broughton Crescent

Northfield
Birmingham

B31 2SZ



RITUAL THERAPIES

Caroline Swain

Qualified Practitioner

TREATMENT LIST

As a qualified therapist specialising in massage, facial and alternative therapies, Caroline provides a personal, expert service. Relaxing, holistic and completely luxurious.

For appointments, call: 07847 255 537 or email: Caroline@RitualTherapies.co.uk

Swedish / Deep Tissue Body Massage

An invigorating massage, used to relieve muscle tension, particularly good for pain relief from tight and tense muscles. It can also be used in conjunction with the Cupping treatment to work deeper into the muscle tissue.

Full Body Massage	(90mins)	£70
	(75mins)	£60
	(60mins)	£50
Back Massage	(45mins)	£40
	(30mins)	£35

Reflexology

Reflexology is based on the principle that certain 'reflex' points located on your feet correspond to certain areas of your body. The massage is similar to acupressure, gently stimulating these points to bring balance and harmony to mind, body and spirit.

Full Treatment	(45mins)	£40
Optional - Foot scrub and massage	(20mins)	£10

Therma-Bliss Hot Stones

Using Self-Heating smooth basalt stones to melt away stress and tension, this treatment is very beneficial for tired muscles and pain relief. This treatment is wonderfully relaxing and can also be used in conjunction with Aromatherapy essential oils to aid absorption of the oils and increase their effects.

Full Body Massage	(75mins)	£70
Back Massage	(40mins)	£45

Warm Bamboo Massage

Using warm bamboo sticks to work into the muscles, this is a pain relieving yet deeply spiritual treatment. The flexibility of the bamboo effectively releases stress and tension and the warmth soothes your spirit.

Full Body Massage	(75mins)	£65
Back Massage	(40mins)	£40

Aromatherapy Massage

Aromatherapy is the art of blending essential oils from plants to bring about healing on all levels. It can be used to help treat stress, migraines, muscular aches and pains to name a few. The massage involved is a very gentle, smooth flowing massage to allow your skin to warm and absorb the beneficial properties of the essential oils.

Full Body Massage	(75mins)	£65
Back Massage	(40mins)	£40

Reiki

This treatment involves 'channelling' Reiki healing energy into the receiver. Reiki can bring about self healing on many levels, including mental, physical and spiritual. It is extremely comforting and very beneficial at times of stress, particularly useful for mental and emotional stress, insomnia and panic attacks.

Full Treatment	(45-60mins)	£50
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Facials

Express Facial (30mins) **£30**
Comprises of, double cleanse, tone, exfoliation, massage and moisturise.

Divine Luxury Facial (60mins) **£50**
Comprises of, double cleanse, tone, exfoliation, steam, self-heating 'Divine' face mask, massage and moisturise.

Time for Me

When you don't know what you want or need, book one of these! Be guided by my intuition and a discussion with you when you arrive. (Please allow extra time for your session. Price shows maximum cost of session).

	(90mins)	£100
	(60mins)	£75
	(30mins)	£45

Tarot / Oracle Card Readings - New for 2025 !!

Gain some insight and clarification on your personal questions or help when you feel you need it most. I use over 70 different decks of cards, so there are plenty to choose from.

	(30mins)	£30
	(45mins)	£45
	(60mins)	£60

Fire Cupping (One Area) (30mins) **£40**

Cupping (Vacuum) (add-on) **£8**

There are other treatments available, which are not listed here, including Indonesian / Balinese Massage, Hopi Ear Candles, Crystal Healing, Indian Head Massage, Manual Lymphatic Drainage, Table Thai Massage and more, please speak to Caroline if there is something you would like to experience.