

## **Five Bodies Wellbeing**

### **1-2-1 Treatment Options at YinYan camping retreat**

45 minutes treatments include a consultation, and chakra balancing (optional).

- **Back massage.**  
Using Swedish massage techniques to decrease muscle tension and promote relaxation, blood circulation and lymphatic drainage.
- **Foot and lower leg massage.**  
Promoting blood circulation and relaxation.
- **Reflexology (choose from: Foot/Facial/Hands.**  
Therapy in which pressure is applied to reflex points on the hands, feet, face and the ears. It is based on the principle that these reflex points are related to the internal organs and glands, and are laid out in the same arrangement as that in the physical body, forming a 'map', or microcosm of it. Pressure or palpitation on a reflex point can therefore affect these structures. This treatment helps to stimulate the normal function of the organ involved bringing about physical and mental well-being.

(all above use grape seed oil and essential oils as required)

- **Reiki**  
Japanese energy healing technique in which the therapist places their hands on or just above the client. It is a very relaxing treatment which can help ease pain, anxiety and fatigue boosting your mood and wellbeing.