



## APPOINTMENTS LIST

### **Dynamic Transformation**

Length of appointments depend upon your level of engagement and the degree of need at the time you present. These will always be agreed upon at the time of booking.

### **Universal Energy Charts Consultation 30-90 mins**

Dowsing on the charts for the source of a problem on any of the seven Bodies, with appropriate clearing, balancing and self-help tools and techniques. Phone consultations can also take place.

### **Awareness Body Massage 60-90 mins**

A clothed or unclothed body palpation treatment determining and balancing blocked or diverted energy flows. This is an interactive body treatment; you will take an active part in locating and clearing any energy imbalances. Before you leave I will suggest tools and techniques you can use for keeping the new state of balance in place.

### **7 Body Balance 30 mins**

This is a good introduction to getting to know your own energy systems. A standing or seated energy balance, involving an interpretation of your chakra activity, along with any guidance needed for you to bring balance back to your life as it is now.

30 mins £25

60 mins £45

90 mins £60

## BODYWORK

### **Tsuboki energy balancing massages 60-90 mins**

Through gently working reflexes, acupressure points and meridians the whole body receives a discreet yet stimulating, massage. Choose this delightful experience for either face, feet or hands.

### **Sue Lincoln hot towel massages 60-90 mins**

“The Natural Facelift Massage” is indulgent care of the face, neck, shoulders, décolletage and head. Deeply relaxing and yes, beautifully rejuvenating!

“The Ultimate Foot Massage” gives sensational relief for hard working feet and legs. Helpful for poor circulation, ankle and Achilles tension, tired muscles, heavy legs and tender, sore feet.

### **Aromatherapy body massage 45-60 mins**

Rhythmic and releasing body massage enhanced by the natural therapeutic properties of pure essential oils. Good for general tension, stress, anxiety and many common health complaints.

### **Swedish Massage support 15-30 mins**

Used when needed in addition to an Aromatherapy treatment, using firmer, focussed body massage and tapotement techniques. Good for stiff, resistant muscles and stubborn aches and pains.

45 mins £35

60 mins £45

90 mins £60

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Practices central to Lancaster and Bentham  
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