

Why choose Just Be...Holistic?

At Just Be Holistic we are devoted to your improving your general health and well being; providing individual, professional Holistic Therapies in beautiful surroundings.

We are based in Essential Therapy Clinic; a charming salon in the heart of Enderby, with free on site parking. Each room is beautifully decorated and complete with heated therapy beds and soothing music, making your visit an even more luxurious experience.

About your Therapist

Lucy has been qualified since 2005 and has a wealth of experience.

When working with a client for the first time, she likes to carry out a full consultation whereby the client and Lucy work together to establish the treatment objective.

Each treatment is then tailored to suit the individual, and relevant aftercare advice will be provided if needed.

This can consist of stretches, nutritional advice or relaxation techniques.

Why not book an appointment today and see how Lucy can help you

0791 933 6022



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Contact Details

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Special Offers

Like us on facebook or follow us on twitter for the latest news and special offers.
Alternatively check the special offers page of the website

 Just Be Holistic

 @justbeholistic

 justbe.holistic

Gift Vouchers

Gift vouchers are available and can be tailored to suit your needs. Gift vouchers can be purchased in salon, via the website or over the phone

Cancellations

Please give 24 hours notice if you wish to cancel an appointment otherwise a charge will incur (50% of the appointment value)



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price list

Aromatherapy Massage

A luxurious massage that incorporates the powerful properties of essential oils, specially blended to suit your needs. The oils are massaged into the skin using rhythmic, flowing massage techniques leaving both your mind and body feeling relaxed and de-stressed.

30 minutes	£25	Back Massage
45 minutes	£33	Deluxe Back Massage (including scalp)
80 minutes	£48	Full Body Massage

Reflexology

The principle of Reflexology is that the feet are said to have reflex points that correspond to different areas of the body. By applying pressure on these points of the feet, areas of imbalance can be detected within the body. Manipulating these points can have a therapeutic effect on the corresponding area of the body, and can encourage the body's own innate ability to heal itself. As well as helping with an array of physical ailments, Reflexology can induce deep relaxation and therefore is excellent for stress relief and other stress related issues

50 minutes	£36
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Mum-to-be Massage

A specially designed treatment for expectant mothers (suitable after the first trimester). Split into 2 halves to help with comfort, this relaxing treatment starts with a soothing back massage (in a bump friendly position) to help ease common aches and pains caused by pregnancy. You are then moved into another comfortable position where you can choose from either a pampering mini facial or maternity reflexology to finish your experience and promote ultimate relaxation.

60 minutes	£40
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Aromatherapy Facial

This heavenly facial is designed to deep cleanse, exfoliate, hydrate and nourish your skin. Using 'Neal's Yard Remedies' organic skin care range which contain the purest plant extracts and essential oils to restore the skin with freshness and radiance. Specially blended essential oils are then massaged into the scalp, face, neck and shoulders to leave you feeling truly blissed out.

50 minutes	£36
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Indian Head Massage

A blissfully soothing neck, shoulder, head and face massage. This can help with many ailments including stress, headaches, poor concentration, stiff neck, hair problems and many more.

45 minutes	£33
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Anti-Stress Massage

This is an extremely popular treatment and is a must if you are an office worker, drive a lot or generally hold tension in your upper body. Through poor posture and the stresses of daily life we often experience tension in our back, neck, shoulders, face and scalp. During this treatment a de-stressing blend of essential oils are massaged into these areas to soothe tight muscles and calm the mind.

60 minutes	£40
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Hot Stone Therapy

Warm stones are placed on the body to help clear and balance blocked energy. The stones are used as a massage tool that relaxes the muscle tissue and allows for a deeper massage.

45 minutes	£36	Back Massage
90 minutes	£60	Full Body Massage (including face & scalp)

Traditional Thai Massage

Traditional Thai massage is an ancient healing system that combines aspects of both Acupressure and Yoga. You will be required to wear loose clothing to enable free movement during the treatment. You will remain fully clothed and the treatment will take place on a comfortable futon mat on the floor. Slow, rhythmic compressions are applied to the various energy (known as Sen in Thailand) lines on the body using the therapist's hands, elbows, feet and knees. You will also be gently guided into yoga like positions for assisted stretching with no effort from yourself. These combined techniques leave you feeling deeply relaxed yet energised.

60 minutes	£40
90 minutes	£55

Deep Tissue/Sports Massage

Not just for the sportsman. This treatment can be useful for anyone with ongoing muscular stiffness or pain, an injury, range of motion issues or simply if you prefer a firmer massage. Advanced massage techniques and a firmer pressure are used to target the deeper layers of muscle and connective tissue, breaking down adhesions (knots in the muscle) to enhance their function and to aid the healing process.

45 minutes	£33	specific area (i.e back or legs)
60 minutes	£40	

Ear Candling

A rolled cotton candle is safely placed into the ear and lit; this creates a mild suction process where any impurities from the ear canal are gently drawn up into the candle. This process induces revitalising warmth upon the head and ears, which can soothe, relieve and relax. This treatment can help improve many conditions related to the head area i.e. tinnitus, sinusitis, excessive earwax, headaches and many more. A facial lymphatic drainage massage is included using essential oils to aid the treatment.

45 minutes	£36
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