

Opening times & location

the clinic

Therapy treatments are available from Monday - Sunday, 9am - 8pm.
(Subject to timetables of individual therapists)

Workshops available - please see website for current times and availability.

Experience Days - please see website for full timetable.

the shop

Open Monday - Saturday,
9.30am to 5.30pm and selected
Sundays, please call for more info.



Shop ☎ **01926 311107**

Mail Order ☎ **0870 4460083**

www.therapytotakeaway.com

125-127 REGENT STREET
LEAMINGTON SPA CV32 4NX

to takeaway ▶▶▶
therapy

the clinic

TREATMENT INFORMATION

Look no further for your
natural solution...

to takeaway ▶▶▶
therapy
125-127 Regent Street, Leamington Spa

the shop

Therapy to takeaway (t3) stocks:

- **Top Branded Organic Skin & Haircare**
- **Quality Vitamins**
- **Books**
- **Baby Care Ranges**
- **Eco Household Products**
- **Mineral Make-up**
- **Fresh Gluten/Dairy Free Foods**

t3 also provides allergy testing, nutritional consultations and showcases t3's own unique range of treatment kits.

The Natural Prescription Kits address key health issues such as Menopause, PMS, Loss of Energy and Mood, Detoxification, Lack of Sleep and Stress.

The Kits carefully combine plant and flower essences with nutritional supplements to help achieve total well-being.

These are all available through leading health food stores and can also be obtained through t3's websites:

www.therapytotakeaway.com



Clinical Hypnotherapy & Stress Management

With Davinda Janda

Hypnosis has been the subject of a huge amount of research, resulting in a highly developed form of therapy. Your conscious mind becomes quiet, allowing your powerful sub-conscious mind to come to the fore.

Hypnosis will help the conscious and sub-conscious to reach agreement and act together for permanent changes to take place. There are many misconceptions about hypnosis, mostly dating from its non-ethical use by stage hypnotists in the early part of the 20th century.

It is very important to know that a Hypnotherapist cannot make you do anything against your own code of ethics.

Hypnotherapy can help:

- **Weight Control**
- **Confidence Building**
- **Irritable Bowel Syndrome**
- **Stress Management**
- **Stop Smoking**
- **Bereavement**
- **Pain control**
- **And much more ...**
- **Phobias and Panic attacks**

For more info call 01926 311107

Massage

With Gail Kelsey

Swedish massage

Full body Massage. Take some time out and treat your whole body to 45 minutes of bliss.

45mins £40

Short of time? Try Gail's quick fix massage's sure to relax and calm your mind.

Neck and Shoulders: 25mins £32 **Legs and Feet: 24mins £28**

Hopi Ear Candle treatment

This treatment has a record of success in treating stress headaches migraines, hearing problems, lack of balance. It is extremely relaxing with excellent results.

30mins £24

Reiki Healing

Healing that taps into unlimited supply of life force energy treating the whole person including the body emotion and mind.

45mins £32 / 30mins £22

Hot Stone Massage

An exotic eastern massage treatment using hot volcanic stones and warm aromatic oil. Working on the whole body. Starting at the feet. You will feel all of your stress and tension slip away.

60mins £52
30mins £37
Quick Fix (15mins) £22

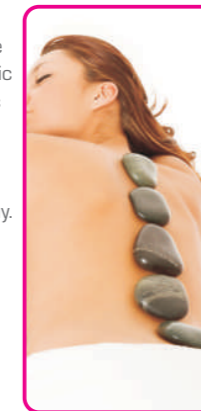
Indian Head Massage

For over 5000 years Indian people have been appreciating the benefits of this treatment. This is a treatment that works specifically on the area around the head, scalp and face extending to the shoulders.

30mins £28

Deluxe - includes aromatic oils, arms and hands. 45mins £34

For more info call 01926 311107



Various Treatments

With Lesley

- **One to one yoga**
- **Reiki**
- **Meditation and breathing.**
- **Quan yin, Light body and Arcturian healing**
- **Massage**
- **Indian head massage**

Per hour £35

For more info call 01926 311107

Coming Soon... Psychotherapy

With Julie Brooks

Gift Vouchers

Let your friend or loved one enjoy choosing their own treat from t3, ranging from organic skincare to supplements in t3's lovely shop to pampering in the clinic. Gift vouchers are valid for 6 months from date of purchase.



Biosignature & Personal Training

With Jon Burgess

Personal training can help to:

- Reduce body fat from specific areas naturally
- Increase energy levels
- Improve quality of sleep
- Reduce stress
- Improve digestion

BioSignature REVEALS your BLUEPRINT for FASTER FAT LOSS! It's a natural and scientific way to reduce fat from specific sites on the body. BioSignature is a unique system based on scientific evidence that where people store their body fat is an indication of their hormonal profile. This means that your body fat levels and corresponding imbalanced hormones can be effectively managed through a combination of diet, exercise, a targeted supplementation program, and lifestyle modifications. The result is improved performance in ALL areas of your life - physical, mental, and intellectual. By following your personal plan, you will emerge leaner, stronger, healthier, happier, and more energetic.

Find out how to put in less effort and achieve greater results by booking an appointment to find out more about your BioSignature.

Option 1

1 bio-signature session **1½ hrs £75.00**

(1st apt from £40.00)

Bio-signature readings and hormone profile

Individual guidelines

Exercise guidelines

Supplement recommendations

Option 2

6 week package

2 Bio-signature treatments **£360**

Includes all above points

Stage by stage tuition with exercise

By helping the body achieve optimum health from the inside out Jon looks at both the internal and external environment and offers practical advice and action steps that when applied achieve lasting results. Jon has over 13 years experience in the health and fitness industry and currently works as a Personal Trainer and Holistic Lifestyle Coach. If you are looking for advice and support with starting or enhancing your health and exercise program book in for your consultation.

Initial free consultations available

For more info call 01926 311107

Cranio Sacral Therapy

With Beth Partridge

Cranio sacral therapy is a subtle and profound healing form, which assists the body's natural capacity for self repair. It is such a gentle therapy that it's suitable for babies, children, the elderly, as well as adults. Treatments are deeply relaxing and can aid almost any condition, from physical aches and pains, to acute and chronic disease, emotional and psychological disturbances, or simply help to develop well being.

Some examples: Asthma. Autism. Back pain. Birth trauma. Colic. Problems during and after birth. Menstrual pains PMS Depression. Digestive problems. Exhaustion. Insomnia. Fall, or injury. Frozen shoulder. Sciatica. Tinnitus and middle ear problems. Hormonal imbalances. Migraine. TMY (jaw) disorder. Visual disturbances.

Initial session: 1½ hour £45

Follow-up session: 1hour £40

For more info call 01926 311107

Nutritional Therapy

With Deborah SRN.RM. H.V.Cert Dip. N.Med

Nutritional therapy is a gentle and natural form of treatment. By using a holistic approach, we look closely at your past and present health history and then work out a dietary plan to help alleviate health problems. Nutritional therapy can help some common conditions that include irritable bowel syndrome, allergies, menopausal symptoms, chronic fatigue, depression and stress, migraine, weight problems, pre-menstrual syndrome, arthritis; to name but a few!

Deborah's background started as a nurse and she continues to work in the NHS. She has been working in the field of nutrition for 10 years and practises in Warwickshire and Solihull. She has also been invited to talk regularly on BBC Coventry and Warwickshire radio on various topics relating to nutrition and food.

The first consultation lasts about one hour. This is when your in depth history is taken and a plan is then discussed. Subsequent visits are planned every 4-6 weeks as necessary and last about 45 minutes.

First consultation £60

Subsequent consultations £30

For more info call 01926 311107

the clinic

The Clinic @ therapy to takeaway is staffed by individual, dedicated, professional and highly trained therapists.

t3 is passionate about treating:

1. mind

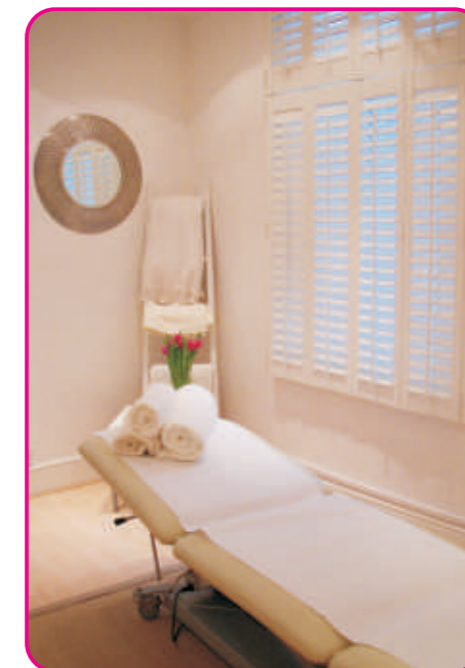
2. body

3. soul

Our team of therapists and consultants share our passion and expertise to offer you solutions for all your health requirements.

Please browse through our natural therapy treatments on the following pages to find your natural solution...

Each therapy session is booked directly through t3 'the shop', but if you would like to speak to a specific therapist before booking a treatment, all therapists are only a phone call away...



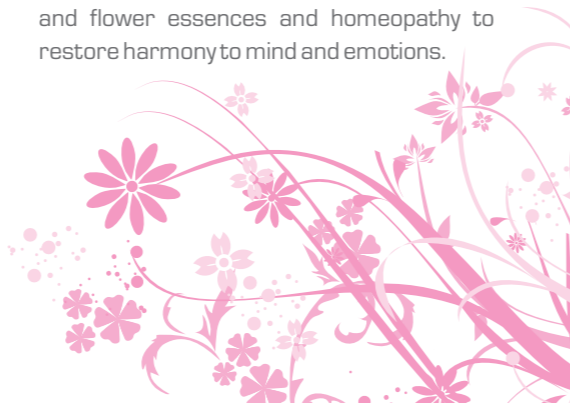


Your Complete Nutritional Programme with t3

t3's holistic approach ensures your entire lifestyle is taken into account, from physical or mental conditions to emotional well-being. The t3 treatment programme includes assessment by the latest technology in body scans, the Quantum QXCI. This device developed by Prof. William Nelson, a Nasa scientist with the space programme, scans the body and tests for 4,000 items in 3 minutes. This technology is at the cutting edge of Bio-Energetic Medicine. It assesses **vitamin and mineral status, toxicity, digestive function, hormonal balance, stress levels, food intolerances, virus, fungi, and parasitic conditions and organ function.**

This provides an in depth insight into the root cause of pain, discomfort and disease.

t3 treatments exclusively come from natural sources and include vitamins, minerals and herbs to bring balance to the physical body and flower essences and homeopathy to restore harmony to mind and emotions.



Acupuncture

**With Karen Smith
BSC (Hons) MBAC LicAC**

Karen Smith trained at the London College of traditional acupuncture and oriental medicine and for over 15 years has been actively a practitioner of many holistic traditional healing techniques.

Acupuncture is a safe and effective way to promote recovery from illness, injury, maintain health and manage stress.

Acupuncture has been traditionally used as an integral part of traditional Chinese medicine for over 3000 years. It is a system of natural healing with diagnosis and treatment based on traditional theory of Chinese medicine.

Although often described as a means of pain relief, it is fact used to treat people with a wide range of illnesses, with an aim to recover the equilibrium between the physical, emotional and spiritual aspects of the individual therefore stimulating the body's own healing response.

What can Acupuncture treat?

- Musculo-skeletal Conditions
- Back Pain
- Arthritic Condition
- Headaches, Migraine
- Respiratory Conditions
- Mental Health
- Sciatica, Frozen Shoulder
- Female Problems
- Digestive Disorders
- Circulatory Problems
- Skin Conditions e.g. Acne/ Eczema, Psoriasis
- Urinary Disorders
- Insomnia
- Weight Loss/Control Programmes
- Giving up Smoking
- Detoxification Programmes for Substance misuse

A session will include a consultation, diagnosis and treatment with the use of fine sterile fine disposable needles. The course of treatment you will receive will be specific to your particular condition and help you take care and control of your own health.

Initial treatment £45

Natural Face-lift Using Rejuventation Acupuncture

During the treatment, the insertion of needles into the facial skin stimulates natural collagen production which plumps out and firms the skin.

Acupuncture face lift results are individual and may include better muscle tone, improved jaw line definition, a decrease in lines and wrinkles, reduced puffiness and lift droopy eyelids.

During the course of treatment as collagen production increases the eyes brighten, skin starts to glow and becomes more moisturized and radiant.

Facial acupuncture is a great alternative to a surgical procedure and the outcome of treatment may vary from person to person.

1 treatment £50

6 treatments £270

10 treatments £450

Reflexology

1 hour £40

For more info call 01926 311107

Healing

With Sarah Longman

Hands on Healing is a deeply relaxing experience that helps to repair and restore the physical and emotional body. It's like pressing the pause button on life and giving you the chance to just.....be.

Sarah has been using hands on healing and intuitive understanding for several years. Sarah brings the energy of crystals to re-balance and activate our awareness.

1 hour £25

Follow up sessions £25

For more info call 01926 311107

Counselling

With Carmel Cleary

Carmel is compassionate in her approach to clients, caring and considerate for clients thoughts and feelings, conscientious in time and effort to build-up confidence between herself and her client to form a trusting relationship. Words of comfort skilfully administered are the oldest therapy known to man.

Kinesiology

With Julie

Kinesiology uses gentle pressure to test for a positive and negative response. This muscle response is used as a non-invasive way of getting direct feed back from the body and mind and can be used to access information not known to the client on a conscious level.

Creative Kinesiology explores the meaning behind the issues or symptoms.

What has caused the problem?

Why has it originated and where is it affecting the body's systems?

Psychotherapy

With Julie Highfield

Clinical Psychology Services:

Dr Julie Highfield B.Sc. (Hons); Clin. Psy. D.; C. Psychol (Clin) As a chartered Clinical Psychologist, Julie is able to offer a range of evidence-based psychological assessment and therapeutic approaches, including cognitive behavioural therapy.

Range of services available:

- Depression
- Post traumatic stress
- Anxiety, panic, obsessive compulsive disorder, and phobias
- Anger
- Stress
- Bereavement and loss
- Reactions to physical health problems (for example, post heart attack, life-limiting illness, chronic pain, and chronic fatigue syndrome)



Initial session £45
For more info call 01926 311107

Once the cause of the problem is found a combination of gentle techniques are used to clear the problem and create the conditions to enable the system to heal-these may include : working with the energy systems, meridians, the aura and chakras, using Flower Essences, Crystals, Cards, Colour or Sound or other Therapies, Reflexology and Reiki.

Some of the difficulties Kinesiology can benefit are child hood difficulties, depression, emotional and relationship problems, learning difficulties, illness or ongoing chronic conditions. Lack of confidence, low energy and vitality.

Kinesiology £43 Reflexology £40 Reiki £35

For more info call 01926 311107

The initial appointment will be approximately 1½ hours long, following which Julie will offer a brief report detailing a psychological formulation and therapeutic options available. The number of appointments required will vary according to the problem. This will be discussed before commencing therapy, and will be continuously reviewed.

Available Tuesday evenings and some Saturdays.

Assessment: 1½ hours £90

Therapy sessions: 1hour £60

Referrals may be made by the individual or via a health care professional.

For more info call 01926 311107

Option 1

Your Treatment Programme Includes:

Session 1: 1-1½ Hrs GXCI Test and Lifestyle assessment covering:

- Digestive Function and Analysis including Candida and Parasitic Conditions Food / Chemical Sensitivities
- Hormones
- Vitamin and Mineral Profile

Your Individual Prescription with t3 Flower Essences, Supplements and Herbs.

10 Days t3 Therapy Cleanse Pack

Session 2: Follow-up consultation

Complete Programme £149

(Additional Medication is charged separately)

Option 2

1 Test & 1½ Hour session £79

Includes all bullet points in option 1, without the 10 Day t3 Therapy Cleanse Pack and Re-test.

Option 3

Individual Focus £40 for 45mins

Within the complete programme using the Quantum GXCI machine, any of the areas of concern listed above can be given focus.

For clients unable to travel - All tests and programmes can also be performed using a hair sample. Telephone consultations are arranged for test results and your individual natural prescription.

With Pam Penlington

Pam Penlington trained as a teacher and later as a Nutritionist in 1991 at the Institute of Optimum Nutrition in London.

She firmly believes quality health is multi-factored, starting with education.

Nutritional medicine is at the core, complemented by the healing energy of flower essences that assist with bringing balance to mind and emotions.

Pam developed the t3 Flower Essence range used at t3 therapy and formulated the t3 Therapy Kits available in health stores across the U.K.

Pamela S. Penlington

B.Ed Dip I.O.N. BIAET BCMA

For more info call 01926 311107

“An individual’s health is not determined by physical factors alone, but by emotional, spiritual, mental, social and environmental influences”



Massage

With Claire Penlington

S.N.H.S Nutri Dip, PF DiP AROMA, MIFPA, BHMA

Claire, the Director of therapy to takeaway is an experienced Holistic practitioner specialising in Aromatherapy and Nutrition. Claire began her training in 1998 and has now been working in the Health industry for over 10 years.

Massages are always tailored to your needs. The touch of an experienced therapist can bring about deep relief from tension, stress, aches and pain. Treatments available as follows:

Aromatherapy Full Body Massage 65mins **£42** / 90mins **£48**

Designed especially to soothe away the stresses and strains of day-to-day life, this massage concentrates on the stress hotspots: Face, Back, Neck, and Shoulders but treats all of the body as a whole covering Hands, Arms, Legs and Feet, for a complete treatment.

Oils specifically chosen for your requirements. Massages can help aid the circulation, painful joints, help lymphatic drainage, muscular tensions, insomnia, stress/anxiety, emotional wellbeing and much, much more.

Stress Relief Treatment

Back, Neck, Shoulders Face & Scalp
60mins **£40** / 30mins **£25**

Manual Lymphatic Facials

All facials include a deep cleanse and tone, followed by cool steaming, application of specific treatment oils and masks, and a lymphatic and a cupressure point facial massage routine.

An extensive neck and shoulder massage is also included to ensure all areas of tension and fatigue are addressed.

1 hour £42

1 hour ¾ £55



Chiropractic

With Edwin Teall

After 5 years training Edwin Teall qualified as a chiropractor in 1996. After 4 years working as an associate, The Chiropractic Studio was started in Sutton Coldfield Followed by a second practice in Leamington Spa.

Chiropractic in general is widely accepted as a valid and effective form of treatment to relieve neuro-musculo-skeletal problems, (i.e. pain arising from nerves, muscles or the skeleton).

Primarily its use is associated with low back or neck pain, but treatment can alleviate many symptoms ranging from Migraines to sciatica, sports injury to chronic fatigue. Also conditions such as arthritis.

In a Chiropractic examination, a very thorough consultation of a patient's medical history is taken, followed by a full body assessment of posture, range of movement, spinal mobility, muscle strength, balance and testing of reflexes. Chiropractic treatment consists of very specific adjustments to the spinal joints, skull, pelvis or extremities.



The detailed nature of the physical examination allows accurate diagnosis of problems throughout the body which leads to gentle effective treatment.

Initial treatment £70 Follow up £35

Available Monday and Friday only.

Like all forms of therapy, a course of treatments is advised. The human body needs time to heal. Any musculo-skeletal injury will need a minimum of six weeks to completely heal. Between 4-6 visits is normal over that time frame.

For more info please visit:

www.chiropractic-studio.com

For more info call 01926 311107

Podiatry / Chiropody

With Julian Price

Chiropody is a medical discipline that focuses on the assessment; diagnosis and management of lower limb health problems. Podiatrists diagnose and manage problems ranging from gait disorders in children to foot tissue pathologies in the elderly; from overuse injuries in sport to ulceration in patients with diabetes or other high risk conditions. Podiatrists are qualified to administer local anaesthetics to treat nail or soft tissue disorders.

Julian qualified in 1986 from Birmingham School of Chiropody and Podiatry, after completing a three year full time recognised course. He gained State Registration and became a member of the Society of Chiropodists (M.Ch.S) and a Diploma of Podiatric Medicine and registered with the Health Professions Council, which is now a legal requirement.

Julian has worked for the NHS, and has 22 years experience in private practice, having worked in Kenilworth and now runs a successful clinic in Coventry and Leamington.

All common foot ailments are treated ranging from corns, calluses nail disorders verruca, etc .Included in the treatment will be general foot care advice. Julian specialises in the treatment of in-growing toe nails, for which he can perform a painless, curative technique under a local anaesthetic. His special interest areas are diabetes and arthritis. Made to measure toe devices and insoles are able to correct/help toe deformities and to help with gait related problems.

Treatment lasts approximately 30 mins and patients are asked to complete a simple health questionnaire.

Treatment is painless and usually very relaxing. All instruments used are sterile and dressings of various types may be used. Utmost care and attention is given at all times.

Initial Consultation £35

Follow up £30

Ingrowing toe nail surgery from £180
(including aftercare)

Insoles from £45

Home visits (for the housebound) £40

For more info call 01926 311107

Tailor made full body massage

With Kerry Griffiths

A combination of various massage techniques to suit your personal requirements. Face massage, reflexology, reiki Indian head or sports.

70mins £46

Crystal chakra massage 80mins £48

Crystal therapy 50mins £35

Reiki colour therapy 60mins £35

Look out for Kerry's workshops coming soon!

Homeopathy

Homeopathy has been used successfully world wide for about two hundred years. It is a safe and effective system of medicine which assists the natural tendency of the body to heal itself and aims to strengthen the body's resistance to illness.

With Barbara Gekoski - Classical Homeopath.

Barbara Gekoski trained at Regents college in London and at the practical college in Hackney. She went on to study with David Mundy and Jeremy Sherr; two well known classical homeopaths who teach world wide. She has been involved for many years with bioenergetics and process oriented psychology and is very interested in the psychological state of her patients. Her interests therefore lie in stress related illnesses, people recovering from bereavement, divorce, mid life crisis, life changes, people from puberty to young adulthood as this is a critical and often confusing period where all problems emerge.

Initial session lasts between 1 and 2 hours £63

Follow up consultation 45mins £40

For more info call 01926 311107

Sports Massage

Massage is the most effective therapy for releasing muscle tension and restoring balance to the musculo-skeletal system. Received regularly this may help athletes prevent injuries, which might otherwise be caused by overuse.

1 hour £43

Reflexology

A natural healing art, based on the principle that there are reflexes in the feet and hands which correspond to every part of the body. A very relaxing but therapeutic treatment. Useful for many different ailments including hormone imbalance, fertility and stress.

1 hour £40

For more info call 01926 311107

With Diana Harris

Diana Harris is a homeopathic practitioner who has worked in health care since 1982 having originally trained as a Registered nurse and whilst working on an acute medical ward, she became increasingly aware of re-admission rates of patients with iotragenic diseases and whilst appreciating the need in some cases for appropriate medical intervention, Diana believed that there could be alternative ways of dealing with health problems. Diana embarked on a 4 year training course, which resulted in her gaining a licentiate in homeopathy practice homeopathy in 1996. She sees that her time in the NHS was vital learning for the work she does now.

Diana now works at t3, where she treats babies, children and adults who suffer with a range of diseases from simple childhood eczema, to the more mature conditions, such as people with chronic health problems. She is keen to work with people who want to play a part in their own healing and explore the many causes of the disorder. In addition to her homeopathic treatments Diana teaches yoga in Leamington spa.

Initial session £55 Follow up £42

Children £38

For more info call 01926 311107

Organic Experiences

With Claire Penlington



Antipodes Facial

Honor the skin on your face with this extraordinary facial experience which encompasses certified organic bioactive botanical ingredients from New Zealand. Nature, Miri Miri massage and the soothing sounds of the forest-all delivered with the touch of aroha or love to leave your face as fresh as the dawn dew. Face the world reawakened to beauty with this loving facial suitable for all skin types. A true treat for the skin and soul.

Cleansing, exfoliating, mask face, head, neck and shoulder and arm/hand massage included.

60mins £42 90mins £49

Mini ½hr facial on request

Antipodes Organic Body Massage

An essentially New Zealand Experience, Miri miri is a medium to firm back and body warm oil massage, a treatment which enables deep relaxation and nurturing. A traditional Maori approach, this style of massage brings harmony balance healing and clarity to all your systems and chosen lifestyle. This otherworldly experience offers a loving connection to nature through enchantingly fragrant skincare, leaving you in a state of bliss or enlightenment.

- Foot soak
- Back Cleanse & compress
- Neck and shoulder massage
- Total Back massage
- Leg & head massage

60mins £42 1½ hrs £48

For more info call 01926 311107



Holistic Skin type Facial

Acne / Sensitive skin

Products formulated to treat acne not only disinfect, but heal the skin allowing faster regeneration. A programme is suggested to suit your needs for optimum benefit.

Remember, it is always vital to work from the inside-out, acne is treated in this way also to achieve excellent results.

1 hour £42

Eczema Facial

The Eczema Facial uses natural products specifically designed to nourish and hydrate dry skin. Following this intensive facial, elasticity and vitality is restored. (All products used are 100% natural/organic)

1 hour £42

Hydrotherm Massage,

With Samantha Pilbeam

Samantha is an experienced Massage Therapist who gained her CIBTAC Diploma in Beauty Therapy and Swedish Massage in 1994 at Warwickshire College. Since then, she has been working as a freelance Massage Therapist in Bristol and London, gaining her Level 3 Diploma in Sports Massage in 2005 at St. Mary's College in London. Since discovering the Hydrotherm System of Massage, Samantha decided there was nothing like it and has since qualified in Advanced Hydrotherm and Pregnancy Hydrotherm Massage at the local Hydrotherm Training Centre in Kenilworth.

The unique and luxurious Hydrotherm experience will take you to new heights of relaxation whilst you lie, undisturbed on a warm water-filled cushion, whilst your therapist massages away all your aches and pains and leaves you totally revitalised. Hydrotherm is particularly effective for those with lower back problems and for releasing stress and tension from the whole body, especially the neck and shoulders.

The advantages of Hydrotherm Massage are numerous, but it is particularly beneficial for those who cannot physically lie face down – heavily pregnant clients, the elderly and those with restricted mobility, asthma etc. All can receive a Hydrotherm Treatment without the discomfort associated with a conventional massage.

Free initial consultation

1 hour £45 1½ Hours £60

Light Therapy using Low Level Laser (Cold Laser)

Low Level Lasers are Healing Lasers that quickly balance and restore the body and cells to a state of homeostasis. Healing Lasers work on a cellular level, delivering electrons and photons directly to the cells where they help to produce ATP (energy), stimulate immune responses, alleviate inflammation and quickly mitigate pain. Healing Lasers use infrared light and/or red light in exact frequencies that correspond to specific needs. Low Level Lasers or cold laser are totally safe and have been used successfully for over 30 years around the world with great results.

- Pain relief- Migraine/Headaches
- Muscular- Frozen shoulder
- Arthritis/ inflammatory conditions
- IBS/ Menstrual Cramps

Pick up a leaflet in store for more detailed information.

1 hour massage incorporating Low Level Laser Treatment £50

Half an hour Low Level Laser Treatment including Chakra Balancing £25

Rental of laser £50 per week

Organic Rejuvenation Facial

With Samantha Pilbeam

This is a wonderfully relaxing and rejuvenating facial using 100% organic products. The natural facelift massage in this facial will give you a natural and effective facelift with skin reviving results. This is a gentle non-invasive approach to looking younger and works by primarily freeing constrictions both within the facial muscles and the connective tissue. Your therapist will choose the relevant products depending on your skin type.

Tension can build up within our facial muscles from the pressures of everyday life without us realising it. It can be easy for certain thoughts and emotions to become habitual, locking themselves into expressions on our faces - sometimes over a duration of a whole lifetime. Under such conditions muscles can actually "dry up" and contract, inhibiting freedom of expression. This can encourage ageing and the formation of wrinkles as the face loses its muscle tone and elasticity and begins to sag.

1 hour £45

Luxury Natural Pedicure

With Samantha Pilbeam

Feel the stress of the day melt away as you soak your feet in a warm tub of organic, invigorating Rosemary bath milk. Your pedicure includes cut and file, cuticle tidy, removal of hard skin, exfoliation with our luxury sugar scrub and a reviving leg and foot massage using Sea Buckthorn body oil to relax and refresh the skin and leave it feeling silky smooth. Choose from one of our chemical free natural nail colours for your polish and remember to bring flip flops!

1 hour £30

Luxury Natural Manicure

With Samantha Pilbeam

Relax and feel de-stressed while your hands soak in a warm bath of organic regenerating Sea Buckthorn. Your manicure will include a file, cuticle tidy, exfoliation using our luxury sugar scrub. A relaxing hand and arm massage with Sea Buckthorn Hand Cream and a polish using our chemical free natural nail colours.

40 Mins £20

For more info call 01926 311107

Massage

With Eleanor Tovey

Swedish massage, Indian Head and Thai yoga massage, with Eleanor Tovey.

Eleanor is a visiting therapist from Ireland and will be practising at t3 bi-monthly on Saturdays.

Eleanor has been practising yoga for 11 years, and is a fully accredited member of Independent Professional Therapist International.

Eleanor is also an Examiner for the Inner Healing School of Yoga in Wellingborough.

Her business, Hatha yoga, started in Warwickshire in 2001 and has grown from Strength to strength.

Eleanor has developed her natural ability to facilitate healing for self empowerment. She is qualified in a range of healing techniques including Reiki, Kwan Yin magnified healing, Indian head, Swedish and Thai yoga massage.

1 hour £40

1½ hours £50

2 hours £60

For more info call 01926 311107

Dr. Hauschka Treatments

With Elaine Sadler - Approved Dr. Hauschka esthetician and trainer.

With over 20 years experience in holistic treatments Elaine Sadler is a highly qualified Esthetician, focusing on comfort and relaxation. Elaine offers a professional, friendly environment where you are centre of attention ensuring you leave feeling refreshed and ready for life.

The Dr. Hauschka Skin care brand is a complete range of high quality products and treatments. The Dr. Hauschka Preparations are created from a deep understanding of the skin and an acknowledgement that it is a vital organ of our body, deserving the best care and consideration. Only the highest quality ingredients are used in the products, bio-dynamic or organic where possible.

The Dr. Hauschka Treatments use a holistic approach to support the skin's inherent ability to regulate and heal itself, stimulating the lymph with rhythmic massage techniques that cleanse internally as the products cleanse externally. All are restoring, harmonising experiences.

Treatment Price list

**The Dr. Hauschka treatment
2 hours £90**

**Dr. Hauschka Facial firming treatment
2 Hours £100**

**Dr. Hauschka Facial Gymnastics
1 Hour £45**

**Dr. Hauschka body Treatment
1 Hour 45 Mins £80**

**Dr. Hauschka Clarifying treatment
2 Hours £90**

**Dr. Hauschka Hand Treatment
1 Hour £45**

**Dr. Hauschka Foot treatment
1 Hour £45**

**Dr. Hauschka Back Cleansing Treatment
1 Hour £45**

**Dr. Hauschka Make-up Lesson
1 Hour £45**

**Dr. Hauschka Make-up Application
30 Mins £25**

Consultation £25
(Redeemable against first treatment)

Course of treatments - Pay for six Treatments and receive one free.

1 hour treatment £45

For more info call 01926 311107