

Treatments

THERMAL AURICULAR THERAPY or EAR CANDLING, is a pleasant and non-invasive treatment of the ears, used to treat a variety of conditions. It is possibly one of the most relaxing treatments available.

The treatment is based on an ancient and natural therapy handed down by many civilisations. It is believed that the Ancient Greeks used ear candles, initially probably for cleansing, purifying and healing on a spiritual basis, but much later on a purely physical basis. The practice reached the modern world via the native American Hopi Indians of North Arizona. The candles are still made today on the basis of the old traditional formula originating from the Hopi Indians.

Pure Beeswax, Honey Extract Sage, Chamomile, St. Johns Wort, Pure essential oils, Traditional Indian Herbs, Woven Cotton—untreated and pesticide free.

THERMAL AURICULAR THERAPY could offer you some of the following benefits:

- ◆ Feeling relaxed and calm
- ◆ Improves clear thinking and alertness
- ◆ Heat increases blood flow to head and neck bringing fresh oxygen and nutrients thus encouraging healing
- ◆ May help with the following:
 - Pressure regulation in cases of: sinusitis/ rhinitis/colds/ flu/ headaches/migraine/glue ear
 - Sore Throats
 - Excessive and Compacted Ear Wax
 - Tinnitus
 - Lymphatic Congestion
 - Swollen Glands
 - Vertigo
 - Relief of Congestion
 - Allergy Symptoms
 - Hearing difficulties
 - Meniere's Disease (G.P Approval)
 - It can even help with Snoring!!

If you fly, swim or dive regularly you may benefit from regular treatments. An initial course of 3 assessment treatments within 2 weeks is usually recommended before a treatment plan can be tailored to the individual.

EYE ENHANCEMENTS Great treatments for holidays, special occasions, swimmers or simply to make you feel good every time you look in the mirror.

Eye brow Shaping enhances the shape of the natural brow to compliment the face shape and really define the eyes and improve makeup results.

Eyelash & Eyebrow Tinting means that mascara doesn't need to be applied, good for those with allergies, swimmers or in the summer when it may smudge in the heat. Eyebrows help emphasise facial expression and eyelashes frame the eyes and both can be tinted to complement hair colour. Tinting is also great for those that wear glasses or contact lenses.

Eyelash Perming a semi-permanent way to curl the upper lashes which, although chemically based, is far less damaging than regular use of eyelash curlers. Perming emphasises the lashes, making the eyes look larger and more defined.

All the treatments last approximately 4-6 weeks when the hairs grow out and are replaced by new hairs. A patch test is required 24-48 hours before a treatment can take place.

Introduction

THANK YOU for taking the time to pick up and read my leaflet. I would like to tell you a little about myself and the qualifications I have behind me.

VTCT Certificate in Swedish Massage
VTCT Certificate in Sports Massage
VTCT Diploma in Remedial Massage
VTCT Diploma in Advanced Body Massage
VTCT Diploma in Anatomy & Physiology
VTCT Diploma in Indian Head Massage
VTCT Diploma in Thermal Auricular Therapy
VTCT Certificate in Depilation
VTCT Certificate in Facial Massage & Skincare
VTCT Certificate in Teaching Baby Massage
VTCT Certificate in Reflexology
VTCT Certificate in Eyelash & Eyebrow Treatments
Training Centre Certificate in Thai Style Massage
Training Centre Certificate in Body Wrapping
Certificate in Spray Tan Application

Fully insured and a member of a professional body, I enjoy learning new skills and therapies but for now, the treatments available are listed within this leaflet.

With me, you can enjoy all the benefits of a salon treatment without the salon prices.

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Information Leaflet



Tel: 078 96 00 34 43
Based in Horndean

Treatments

SWEDISH MASSAGE uses various techniques to relax the muscles and gives you a great sense of well being.

It can improve circulation and lymph drainage and could also improve removal of waste products and lactic acid.

With regular treatment you will not only feel great but you may notice improvement, through stimulation, to your skin and having stretched those muscles out you'll feel more supple too.

Regular massage is also recommended for stress management, it can help reduce emotional as well as physical stress.

SWEDISH MASSAGE could provide the following benefits:

- ◆ Relax muscles
- ◆ Relieve muscular tensions
- ◆ Improve blood supply & lymphatic flow
- ◆ Increase nutrients & oxygen to area
- ◆ Improve skin texture & condition
- ◆ Helps improve muscle tone
- ◆ Improve metabolism & aids breakdown of fatty tissue
- ◆ Improve joint mobility
- ◆ May improve scar tissue
- ◆ Give a general sense of well-being

"SOLUTIONS " FACIAL is a thoroughly relaxing experience aiming to balance and tone the skin. Whether you have problem skin or radiant skin, there is a treatment plan designed just for you.

There are many factors that effect the skin including diet, ageing and the environment. A thorough consultation and skin analysis will all be part of your treatment plan.

A Full Facial incorporates cleansing, skin analysis, exfoliation, Facial Massage, Mask, Toner and Moisturiser. Should your skin require it, there may be specialised boosters added.

Having a facial once a month will work alongside your natural skin cell renewal and you will soon notice the benefits.

If you have problem skin, a short course of treatments within a shorter timescale would be advisable before moving on to monthly treatments

IMPORTANT— a consultation will be part of any treatment, it may not be possible to continue with treatments due to some medical conditions. It may be advisable to consult your G.P first to avoid disappointment.

Treatments

INDIAN HEAD MASSAGE is based on traditional and Indian techniques using a variety of movements with or without oils or creams.

It balances the body, relieves pressure and soothes away tensions, enabling you to breathe, stand and move more freely.

Regular treatment could help sinus problems, headaches, migraine, stress, depression, relieve eye strain, boost the immune system and help with scalp and hair problems.

INDIAN HEAD MASSAGE could provide the following benefits:

- ◆ Improves blood supply bringing oxygen & nutrients to scalp, head & neck
- ◆ Improves Lymphatic flow
- ◆ Increases nourishment & oxygen to hair follicles, promoting hair growth
- ◆ Aids removal of toxic waste
- ◆ Relieves mental fatigue
- ◆ Relieves eye strain
- ◆ Revitalises whole body
- ◆ Muscular tension can be relieved over a course of treatments

REFLEXOLOGY helps to

- ◆ Relax and Calm
- ◆ Balance the Body
- ◆ Improve nerve and blood supply

Reflexology is a non invasive treatment using the thumb to work the reflexes of the foot and clear the energy pathway linked to the corresponding body part. This in turn brings about a natural healing process and elimination of waste, restoring balance within the whole body.

A sensitive reflex could indicate a congestion, inflammation or stress of imbalance within an associated body part. Working this reflex may improve its function **but doesn't allow a reflexologist to diagnose, claim to cure or prescribe.**

Reflexology is suitable to all ages, male or female, may help with certain ailments and has shown to be effective for conditions such as:

Back Pain Migraine Infertility Arthritis
Sleep Disorders Hormone Imbalance Digestive Disorders

Stress Related Conditions

The initial session will last approximately an hour and a half in order to complete your consultation and build a good understanding of your lifestyle. Sessions will then be approximately an hour and a quarter. A treatment plan will be discussed at the end of the session and it is usual to have at around six treatments to achieve re-balance.

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QUICKSLIM BODY WRAP is a relaxing, safe treatment that is unlike some weight loss treatments which depend on perspiration and drinking does not replace the lost inches.

- ◆ Lose unwanted inches in under two hours.
- ◆ Gives a great incentive to start or continue a sensible diet if necessary

Measurements will be taken from various points on your body and a unique gel will be massaged in to the skin before you are firmly bound in thermal wraps.

You can choose to have the half wrap which is from the knee to under the bust or the full wrap which includes the bust and arms. Either way, you will then need to relax for an hour and you could opt to include a facial at a discounted price if you prefer.

Once the thermal wraps are removed, you will be re-measured and your inch loss recorded.

You can have as many treatments as you feel you want to achieve the results you require but two or three a week is most beneficial until you reach your desired size, then once a week. Aftercare is also effective in maintaining results.

Please note there is a deposit required for this treatment due to the booking out time required.

WAXING is the removal of superfluous hair by the use of warm or cream wax which could last for up to 4–6 weeks.

A roller system is used with waxes available for those with sensitive skin

Aftercare is particularly important following waxing and I would recommend you discuss this prior to your treatment. Leaflets are available.



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