



Mark Ralston  
Holistics  
**TEL 07947068149**  
Sports Massage,  
Aromatherapy,  
Reflexology

Treatments available  
every Tuesday in the  
clubhouse between  
10.00 - 16.00  
or at your home at a  
time to suit you

### ❖ Sports massage

For that aching back, shoulder, arm or leg

### ❖ Aromatherapy massage

For that extra bit of pampering with various oils to suit every mood

### ❖ Reflexology

Foot or hand to relieve tension throughout the body

Treatments	<i>Hadden Hill Member</i>	Non Member
1 hour full body sports massage	£25.00	£30.00
½ hour shoulders & back massage	£15.00	£20.00
1 hour full body aromatherapy massage	£30.00	£35.00
½ hour face & shoulders aromatherapy massage	£15.00	£20.00
½ hour foot or hand reflexology	£15.00	£20.00