

The Wellness Rooms

PURE • HOLISTIC • THERAPEUTIC

SPECIALISED

The specialised therapies available through The Wellness Rooms are conducted by highly trained individuals. The treatments are available by appointment only and on specific days of the week.

Please call 271 8211 for further information.

Osteopathy

Osteopathy is a holistic method of diagnosis and treatment, working with the structure and function of the body for a wide range of conditions. It was developed in the 1800's by an American physician Dr Andrew Taylor Still and it is now officially recognised as Primary Contact Health Care. An Osteopath addresses not only the symptoms of the complaint but also aims at identifying and rectifying the cause. Osteopaths seek to enhance the self-healing mechanisms of the body through a variety of techniques including soft-tissue work, stretching, articulation and joint mobilisation.

Osteopathy has been found to be beneficial in the treatment of many complaints including (but not limited to) neck and back pain, headaches and migraines, sinus pain, stress-related problems, tennis and golfers elbow, TMJ (Temporomandibular Jont Disorder), some sports injuries and arthritic conditions. Pregnancy related discomfort may also be helped as well as post-natal problems. Difficult or long births may result in tension and restrictions which can lead to unsettled behaviour in babies who also respond well to Osteopathic treatment. Growing pains and postural adaptations in older children may also be helped with Osteopathy.

45mins

bd\$180.00

REN SPA



Hopi Ear Candling

Hopi ear candling is a traditional treatment first used by Shaman healers and the practice was brought to the modern world via the Hopi Indian tribe of Arizona, USA. The candles are still made following traditional formulas and the treatment itself is combined with a sacred ritual enhancing the healing process.

Treatment Method: An ear candle is gently placed into the outer edge of one ear, creating a seal. The candle is then lit and will burn down towards the therapist's hand towards a demarcation line, a process which takes approximately 10 to 15 minutes. The method is used on both ears and is combined with a gentle ear and facial massage to promote the lymphatic system.

The ear candle works in three phases:

- **Chimney Effect** - where a gentle air current rises and may assist the flow of secretions, stimulating the body's natural elimination process whilst vapour collects and removes impurities and deposits.
- **Circulation Stimulation** - where the mild heat stimulates the blood and lymph circulation, boosting the immune system and the body's natural cleansing action.
- **Pressure Regulation** – the motion of the flame causes a vibration within the column of air inside the ear candle, which continues through to the eardrum. This form of eardrum massage leads to a compression and has a regulating effect on pressure in the ears, forehead and par nasal sinuses.

There are many benefits achieved from a Hopi Ear Candling treatment. It immediately induces a pleasant feeling of warmth, eases nasal breathing and an improved sense of smell. It is excellent for relaxation, stress relief and increases lymphatic circulation and drainage. It improves sleep, reduces snoring, revitalizes hearing, softens earwax for easy removal, reduces hyperactivity in children, and balances ear pressure particularly before and after flying and scuba diving. It also aids in ear, nose and throat disorders such as sinusitis, otitis media, glue ear, rhinitis, tonsillitis and the common cold.

About the Ear Candle: An Ear Candle is a hollow tube made with a combination of natural ingredients: organically grown linen (flax), Beeswax honey extracts, Sage which stimulates the circulation and relaxes the peripheral blood vessels, Chamomile which has anti-inflammatory, antispasmodic and sedative properties and St John's Wort used as a restorative tonic for the nervous system. The ear candles used at Pure Source are manufactured by Biosun. They are a certified medical product according to EC guidelines (92/42 EEC), independently tested and free from all chemical, pesticide and fungicide residues.

45min

bd\$190.00

REN SPA



Reflexology including Foot Reading

Reflexology is an ancient treatment of hand and foot manipulation, although more commonly applied to the feet. Both the hands and feet have mini-maps of the anatomy corresponding to parts of the body which can be assessed and stimulated by massaging and applying finger and thumb pressure on specific reflex areas. The treatment helps to achieve balance and healing and recognises that should one area of the body be out of balance then other areas will also be. It encourages both relaxation and stimulation, not only helping the body to rebuild its energy resources and recover from illness, but activate the circulation and the nervous system, benefiting the whole wellbeing. Reflexology can be applied in various methods and techniques according to the client's requirements.

60mins

bd\$250.00

Maternity Reflexology for Women and Men

Maternity reflexology is specifically focused on caring for the mind, body and spirit of the mother, father and child, during pre-conception, pregnancy and the post natal period. It helps with the journey to conceive for both the man and woman and is a supportive therapy through all the stages of pregnancy, energising and aiding health and helping with a shorter labour period, delivery and recovery.

For preconception it is encouraged that both men and women prepare by having reflexology treatments during the same time period for individual reasons: for the regulation of menstruation and the stimulation of healthy sperm production. Concerning a situation of infertility, reflexology has been successful in alleviating stress levels than can be directly associated with the problems of conceiving. It can play an important role in maintaining a positive balance and connection between the male and female partners, helping them to improve their synergy and chances of fertility.

For the woman, pregnancy is a time of physical, hormonal and mental changes as the baby grows within. It is a period of great joy and happiness but can also be the cause of discomfort, fatigue and even fear. Research has shown that reflexology techniques can relieve common complaints such as morning sickness, stress, anxiety, headaches, loss of bladder control, backache, constipation, swollen and puffy legs and ankles, cramp, insomnia and ongoing fatigue. It can also be beneficial in reducing the length of time spent in labour, reducing complications and aiding in a quicker recovery for both mother and baby.

Note: It is advised that both the man and woman hoping to conceive should plan their Reflexology treatments within a similar time frame so as to increase the benefit of the treatment and its effectiveness.

60mins

bd\$250.00

REN SPA

