



TREATMENTS BROCHURE



Abandon stress at our door

Relax :: Rejuvenate :: Rebalance :: Revitalise :: Soothe

*Restore your vital essence in a nurturing, empowering
place of tranquillity and peace*

www.holisticfeathers.co.uk



CONTENTS

- ◆ Raw Gaia Living Facials
- ◆ Facial Rejuvenation ~ Natural Face Lift Massage
- ◆ Stone Therapy ~ Hot Stone Massage
- ◆ Reyad Sekh Em (Egyptian healing)
- ◆ Ripple Energy Therapy healing
- ◆ Nutrition
- ◆ Living, organic skincare & personalised blends
- ◆ Ripple wellbeing parties
- ◆ Bionetics
- ◆ 'Be Gentle With Yourself' aftercare
- ◆ Get in touch with us!

Holistic Feathers is a dream-manifested-into-reality where Callie Carling works as a holistic therapist and healing practitioner to provide a supportive, relaxing, empowering and nurturing environment where you can rediscover your vital essence.

Callie is ITEC-qualified, a member of the Federation of Holistic Therapists (www.fht.org) and Merton Chambers of Commerce.

She also works closely with Ripple UK as one of their Ripple presenters (wellbeing parties) and runs workshops on manifestation techniques (for everyone who is interested in seeing their dream turn into reality) and reflective practice (for therapists). She also contributes monthly articles to Just as Beautiful magazine.

www.holisticfeathers.co.uk



'RAW GAIA' LIVING FACIALS

Natural Facials are one of life's true luxuries, designed to give you a whole body workout as you relax and drift away, just by stimulating various pressure (marma) points on your face.

Using only the **Raw Gaia** living, organic, vegan skincare range you will awaken from your hour-long treatment to find glowing skin and a deep-seated feeling of bliss.

Your Natural Facial treatment will always be adapted especially for you ... using only Raw Gaia's specialist organic skincare products, you will receive deep cleansing and toning treatments before relaxing with a natural face mask. Anyone for raw chocolate, which truly is as good as it sounds!

Warm muslin cloths will encourage your pores to open and fully absorb the natural ingredients of your face mask and by this time you may well find yourself in a deep asleep, helping to release any negative energies as each and every part of your body and mind relaxes into a state of tranquil blissfulness.

A massage of your face and neck with oils specially selected for your skin-type will complete the feeling of utter decadence.

The world will see you re-appear with a relaxed, refreshed and beautiful radiant face; your entire body radiating peace and flowing vital energy.



Benefits: Helps to ease stresses and headaches, relieve congestion and sinus pain with a nutrient-packed boost of delicious organic living moisturisers.

The Raw Gaia products and specialist skin oil blends prepared especially for you ... available to buy directly from Callie at Holistic Feathers. Online store coming soon!

www.holisticfeathers.co.uk



FACIAL REJUVENATION (NATURAL FACE LIFT MASSAGE)

Facial Rejuvenation (Natural Lift Face Massage) is a natural face lift which uses no oils or skincare products, just specialist massage techniques.

Facial rejuvenation is a gentle non-invasive approach to improve the texture of our skin and help to minimise laughter lines and wrinkles, helping us to recapture radiant, glowing skin and receive a whole body workout at the same time as relaxing!

Tension can build up within our facial muscles without us noticing, just from modern day stresses and pollutants. Thoughts and emotions can lock into ageing facial expressions and as the muscles “dry up” your face loses its youthful tone and elasticity.

Through gentle massage techniques and energy balancing, this treatment can help you to give your facial muscles a lift – and a new lease of life.

Precise movements work your face systematically, helping to release deep-seated tensions, freeing layers of muscle and connective tissue and magically providing space for your muscles to relax. Micro-circulation and elimination is given a boost which leads to luminous skin; acupressure points are worked on your face which correspond to your whole body and leaves you feeling relaxed but revitalised.

Although it is difficult to keep the ageing process at bay, we can help to keep the radiant appearance of youth and beauty by using these natural, effective massage techniques and energy balancing to take care of our natural beauty.

Take time out for yourself! Book a course of facial rejuvenation treatments today ...

Recommendation: A course of 6 treatments (1 per week for 6 weeks) gives you the best results, followed by monthly sessions to remind your facial muscles to behave!

www.holisticfeathers.co.uk



HOT STONE MASSAGE

Hot stone massage is a truly luxurious speciality treatment using smooth, wet, heated basalt stones with a long history of healing behind this method of therapeutic relaxation.

Ancient civilisations used hot stone treatments for cleansing the body, relaxing the heart, grounding the soul and soothing the mind and soul.

Hot (basalt) stones are used to create a deep, relaxing, healing massage treatment which harnesses the geothermal properties of Mother Nature (Gaia). The application of heat during your massage increases the feeling of comfort and relaxation, as well as allowing us to work deeply with the heat of the stones to provide you with relief from chronic pain conditions and stress.

Cold stones (not chilled!) may also be used with, or in place of, hot stones during the treatment depending on your needs. Cold stones make for a wonderfully cooling treatment in the hot summer months.

Hot stone massages are renowned for being one of the ultimate therapeutic treatments available to us.

Benefits: reported in treatment plans for— chronic back pain, insomnia, depression, arthritis, fibromyalgia, stress and anxiety, headaches, sinusitis and seasonal rhinitis to name but a few.

This treatment blends in perfectly with receiving facial treatments—firstly, you will receive a hot stone massage targeting problem areas on your back, then lay on the (covered) hot stones while receiving your facial—absolute bliss! The perfect antidote for those aching muscles and tired minds which refuses to switch off at night.

You may choose from a wide selection of especially selected high-grade oils or lotions for aches and energy which are blended with herbs and essences to suit a range of needs—please feel free to sniff!



REYAD SEKH EM (EGYPTIAN HEALING)

Healing energy is a gift from the Source, enabling the healing practitioner to act as a channel for energy to flow, working through the seven chakras (energy centres of our physical body) to restore balance within.

Read Sikh Em is a high-vibrational Egyptian form of energy healing. Non-intrusive, gentle but amazingly powerful, this form of healing harnesses the power from all five elements (Earth, Water, Fire, Air and Spirit – Ether) and works with angelic energies and ancient Egyptian energies and practices.

This magickal combination of powerful energies has an amazing capacity to heal deeply and restore inner harmony; leading not only to healing on a physical level but also to help balance your vital essence.

The treatment is performed fully-clothed on a therapist coach and the healing process is usually activated by either placing hands lightly upon your body or within your auric field. The actual process used will be dependent entirely upon intuition, the energies naturally radiating to the source of any imbalance.

As we are all divinely unique, we feel the energies of Read Sikh Em in very different ways. For most, it leads to a deep sense of calm, tranquillity and serenity of thought.



Treatments are offered both in person and also by distance-healing.

Read Sikh Em treatments do not bear any affinity to any particular religion.

*Read Sikh Em : Joanna Bristow-Watkins, Harmony Healing.

www.holisticfeathers.co.uk



NUTRITION

Nutrition is an essential part of our lives—hectic schedules, modern-day farming methods and environmental stressors leave us depleted of many essential nutrients and vitamins, many of which are difficult to keep topped-up even with the perfect diet!

Nutritional support by way of supplements can be a wonderful way to boost your body's immune system and to help keep it in tip-top condition to fight against today's toxic lifestyle. Nutritional supplements are ideal to use alongside therapeutic treatments but admittedly it can be difficult to know where to invest your money in good quality nutrition.

Callie uses and wholeheartedly recommends **Nature's Sunshine** supplements, particularly Zambroza to combat hayfever, her No.1 all-round favourite supplement.

Please visit www.naturesunshine.co.uk/holisticfeathers and enter 'Ripple' as an e-voucher to get 10% off all products. Feel like an overhaul? Why not get a free Lifestyle Analysis? Or try FatGrabbers, which work gently to eliminate excess fat from your diet?

Callie is also registered with **Higher Nature** which also offers a great range of supplements, organic and natural mineral beauty products and coconut butters and special blends of omega oils for salad dressings – yummy stuff!



VIANESSE is a wonderful new scientific nutritional concept. The beauty of this nutritional concept is that they help to gently restore natural body processes with a simple two-step process; great news if you suffer with health issues (such as Candida or Chronic Fatigue Syndrome) or if you wish to lose weight in a gentle, but effective way.

VIANESSE is only available only through selected practitioners who offer support and guidance while using the concept; Callie is also offering a support e-program and book.

www.holisticfeathers.co.uk



ORGANIC SKINCARE & BODYCARE

- including personalised blends just for you -

Holistic Feathers has always sourced the highest-grade oils and organic skincare for clients, as well as for our own family's use.

We are pleased to exclusively use the **Raw Gaia** living, organic skincare range in our Natural Facials treatments. The exclusive **Pur** organic skincare products (from the Brecon Beacons hills) are on special offer at the moment—buy 2, get your 3rd item free of charge. We also have limited stocks of their baby care products available so grab them while you can!

Raw Gaia is the world's first range of living skin care products made using only cold-pressed, organic and vegan ingredients, infused with essential oils and floral waters of the finest quality. Their products have wonderful skin moisturising and uplifting qualities because they are absolutely pure, alive and made with the Earth's most nourishing and beautifying skin care ingredients, which are far more effective than any chemical or artificial moisturisers.



Personalised Oil Blends

In response to requests from clients, Callie is now pleased to be able to offer you personalised oil blends at competitive prices.

Body blends – £8.99 for 75ml (50p off next purchase if you recycle your spray bottle)

To make this a truly personalised blend, select an InnerSight energy card (either in person or by Callie intuitively selecting one for you) and have the essence of your chosen card added to a blend of finest quality oil. Please see the Holistic Feathers website for further information on the Ripple energy essence blends available.

Facial blends – from £4.99 for 30ml

Using a range of specialist oils, your personalised blend will be delicious for facial use.

www.holisticfeathers.co.uk



RIPPLE WELLBEING PARTIES & RIPPLE ENERGY THERAPY HEALING

If you love the idea of relaxing with friends while having fun trying out exciting new products which help to restore your energy levels and make you smell utterly divine then why not book a Ripple wellbeing party?



Designed for those of us who dream of luxurious spa weekends but can never find the time or energy to book spas, Callie can transform your home into a wonderful energetic environment just by bringing along Ripple energy therapy products which she uses during treatments.

Ripple offers a divine range of aromatherapy energy essences, jewellery, aroma mists, candles and more ... all of the Ripple products contain natural healing energies, all designed to help add a little magic to your everyday routine and enhance your (and your family's) emotional well-being so that you feel really good within yourself each and every day.

So why not arrange an extra-special evening for you & your friends? All hosts receive a special "thank you" on the night and can earn commission. All products may also be re-ordered via Callie so you never need run out of your favourite Ripple essences.

- Finest ingredients, 100% natural & organic
- Ethically-sourced, fair trade ingredients
- Hand-blended and bottled
- No artificial colours, fragrances, no SLS



Ripple Energy Therapy Healing

Your healing session will begin by selecting an InnerSight card and anointing yourself with the Ripple energy essence linked to your chosen card. A relaxing healing treatment will take place, focusing on areas Callie is guided intuitively to.

www.holisticfeathers.co.uk



bionetics
the key to natural wellbeing



HAIR TESTING

ALLERGIES, INTOLERANCES & MORE!

Bionetics are a forward-thinking company which offers competitively-priced food intolerance and mineral deficiency tests which is conducted by using just three (yes! three) strands of hair with root attached.

Although it sounds too incredible to be true, these hair tests by Bionetics are very detailed and offer an amazing insight into your current wellbeing.

Having been to visit their laboratory and seen the Bionetics team at work, Callie can vouch for their professionalism, dedication and detailed knowledge.

Taking the report from Bionetics, you can finally begin to understand the factors that may have caused or contributed to your current health issues and learn how to deal with them.

Once you have received your Bionetics report (by email £48, by post £51) you can then take steps to incorporate recommended nutritional supplements into your daily routine to boost your immune system and help shift the balance towards a healthier new you.

If you have any queries at any time, just give Callie a call. Email support is also available from Callie via www.holisticfeathers.co.uk

Nutritional supplements may be obtained directly from Bionetics, as listed specifically in your Bionetics report, or from another quality nutritional supplement range such as that of Nature's Sunshine (links available via www.holisticfeathers.co.uk)



www.holisticfeathers.co.uk



BE GENTLE WITH YOURSELF

* AFTERCARE SHEET *

Our bodies have an amazing ability and capacity to heal themselves and holistic treatments act as a catalyst to your own self-healing processes.

Your chosen treatment will have increased the oxygen flow in your blood and released toxins into your bloodstream. It is therefore usual to experience an occasional feeling of light-headedness (or 'fluffiness' as Callie sees it!) and euphoria after receiving treatments.

To get the very best out of your treatment:

- a. rest as much as possible for the first 24 hours after your treatment, allow your body to heal and settle. Gentle exercise will help this process
- b. drink plenty of water, which will help to flush out the toxins
- c. avoid alcohol, tea, coffee and recreational drugs for at least 12 hours (if possible)
- d. try to eat only a light meal within 4 hours of your treatment as your blood flow will be busy transporting any toxins around your body, leaving your tummy to mind its own business for a while!

As your body starts to rebalance, you may feel:

- * more tired (due to toxins and activating healing energies)
- * muscle aches or headaches (nerves responding)
- * a frequent need to urinate (lymphatic system stimulation)
- * more frequent bowel movements (digestive stimulation)
- * a heightened emotional state (positive release of stress, emotional or physical strains)



Please feel reassured that all of these are perfectly normal reactions to your chosen treatment. The after-effects may be especially noticeable if, for example, this is your first treatment or if you are suffering with high levels of stress.

Please get in touch with Callie on 07921 669012 if you need reassurance that all is well.



GET IN TOUCH!

Treat yourself and take some "you" time to rekindle your vital essence ~
discover our range of specialist therapeutic treatments.

Holistic Feathers offers a gentle, nurturing and empowering environment
where you can de-stress, heal and rebalance.

Unwrap your ultimate gift of happiness, serenity and self-acceptance
for your angelic wellbeing.



In today's manic world, we all need some "me" time ... so how about you?

How do YOU relax and restore that vital essence within you?

As a therapist and Read Sikh Em (Egyptian healing) practitioner, Callie works
with relaxing yet rejuvenating treatments,
vibrational energies and a variety of 'treats' to rediscover and
harmonise your inner balance.



Callie works across London/Surrey ~ her healing room is in West Wimbledon
just a 5 minute stroll from Raynes Park (mainline) station

Callie@holisticfeathers.co.uk

Tel: 07921 669012

Please refer to our website for booking conditions.
www.holisticfeathers.co.uk

www.holisticfeathers.co.uk