

Pamper Days at Yoga Ananda Holistic Centre

relax, rebalance and revitalise the whole body

Book now for a

- ~ Hen Pamper Day
- ~ Office Pamper Day
- ~ Birthday Pamper Day
- ~ Christmas Pamper Day
- ~ Retirement Pamper Day
- ~ Ladies get together Pamper Day
- ~ I-just-feel-like-a-bit-of-pampering Day

Treatments Available

- Reiki
- Reflexology
- Body massage
- Organic Facial
- Ayurvedic Facial
- Natural Lift Facial
- Thai Foot Massage
- Indian Head Massage
- Hopi Ear Candling (candles extra)

Each pamper day lasts 3 - 3.5 hours, and includes 1 hour yoga class; half hour guided deep relaxation; choice of 2 half hour therapies from list

~ £45 per person - based on 10 people (maximum), £5 for lunch if included.

~ 25% non-refundable deposit to be paid 2 weeks prior to Pamper Day

~ Smaller parties available, please call us for the price.

Take time out with your friends to escape from the stresses and strains of everyday life - re-awaken your senses - remember how to relax. Our fully trained therapists will be delighted to help you sit back, relax and take advantage of the pleasure of being spoiled.

4 simple steps:

1. Choose the date
2. Let your friends know
3. Choose your treatments
4. Relax and enjoy!