



HUMMINGBIRD
HOLISTIC THERAPIES

Be Kind To Yourself



TREATMENT MENU

TRADITIONAL REFLEXOLOGY

£35

Rebalance your body and enhance its natural healing ability. Ideal for overall relaxation, stress relief and alleviation of general aches and pains.

HOT STONE REFLEXOLOGY

£45

A tranquil and grounding Reflexology treatment incorporating gently warmed basalt stones. Perfect for calming the senses, easing sore muscles and relaxing the whole body at its deepest level.

INDIAN HEAD MASSAGE

£25

A treatment to de-stress and unwind, releasing tension from tight muscles. Includes massage and acupressure techniques over the upper back, shoulders, arms, neck and scalp.

(You may wish to bring a hair brush to this treatment)

HOPI EAR CANDLES

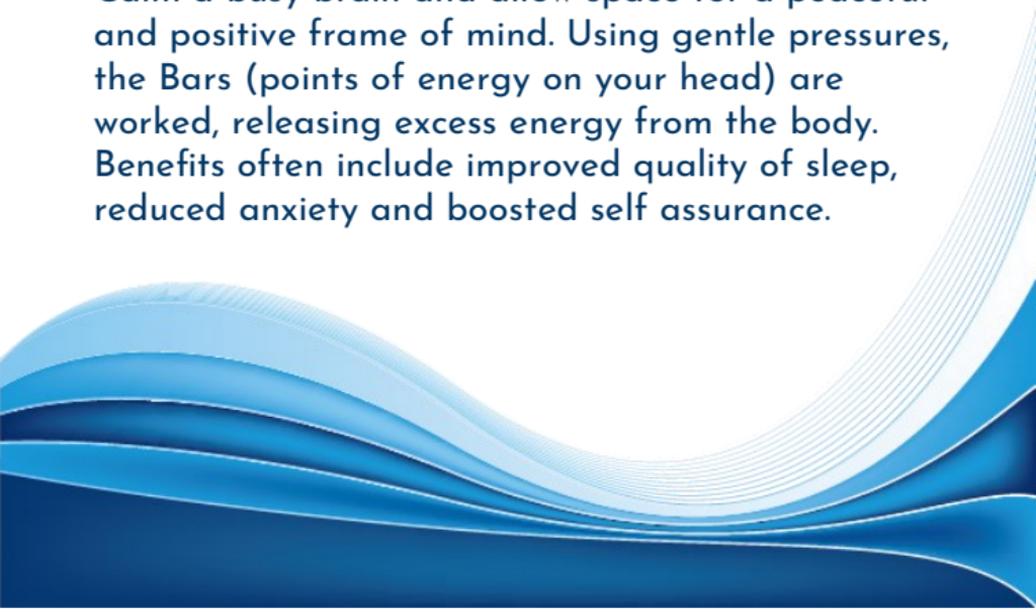
£35

A relaxing treatment, which helps provide effective relief from headaches, sinus problems, hay fever and excess ear wax.

ACCESS BARS®

£30

Calm a busy brain and allow space for a peaceful and positive frame of mind. Using gentle pressures, the Bars (points of energy on your head) are worked, releasing excess energy from the body. Benefits often include improved quality of sleep, reduced anxiety and boosted self assurance.



TREATMENT COURSES

Courses of treatment are a great way to enhance your wellbeing journey. Whether you are new to a particular treatment or have had a long break, a cost-effective course of 5 or more treatments will help get your body relaxed and balanced.

Each course is composed of five treatments for use within 3 months.

COURSES AVAILABLE

TRADITIONAL REFLEXOLOGY

5 treatments for £150

HOT STONE REFLEXOLOGY

5 treatments for £195

INDIAN HEAD MASSAGE

5 treatments for £110



GIFT VOUCHERS AVAILABLE

About Hummingbird



Meet Katy Walters the owner of Hummingbird. After qualifying as an ITEC certified Reflexologist in 2016 from the Yorkshire School of Complementary Therapy, Katy opened Hummingbird Holistic Therapies.

After serious health complications from a young age and after over 15 years of intensive medication, Katy turned to complementary therapies to improve the quality of her health.

Experiencing the incredible physical and mental health benefits of several different treatments, she realised that making people feel better via alternative routes was effective and achievable.

Katy is a strong advocate for the integration of complementary treatments into every day health. In summary, learning to be kind to yourself.

Katy treats a wide range of clients; from students with exam stress, to athletes training for competitive events (and even up to 102 year olds who need a bit of TLC!).

A full member of the AoR and CThA, Katy is a professional and compassionate practitioner.



Contact Us

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