

Treatment Options (Gift Vouchers Available)

Reflexology

Reflexology is a relaxing way to ease areas of stress in the body. Reflexology works on the principle that our feet are 'mini maps' for the whole body, and that by relieving the body of stress and congestion, it restores the balance to promote the healing of both mind and body. A fantastic treatment for relaxation, as well as supporting people living with diabetes, chronic pain, MS, stress, IBS and more.

45 minutes £43

Course of 5 (use within 12 weeks) £210

Hot Stones Reflexology

The doyen of deep relaxation, Hot Stones Reflexology combines Reflexology with gentle warmth from smooth basalt stones, which glide over the feet and lower legs. The heat helps to soften tight and aching muscles and as the warmth circulates throughout your body, any remaining tension melts away. Whether you are seeking some quality 'me time', have tired, aching muscles from physical exertion, manual occupations or participation in sport, without question, this treatment is for you.

(For this treatment, please wear loose fitting clothes that allow easy access to the lower legs)

60 minutes £60

Indian Head Massage

A beautifully soothing treatment including massage over the upper back, shoulders, arms, neck and scalp. Indian Head Massage stimulates the flow of blood, lymph and oxygen in your upper body, and can help to clear your sinuses, relieve stress, reduce the frequency and intensity of headaches and migraines, and improve the quality of your sleep.

30 minutes £30

Course of 5 (use within 12 weeks) £145

Access Bars®

Calm a busy mind and allow your body to release unwanted and unhelpful energy, and welcome ease, joy and harmony. Access Bars® involves gently holding 32 points on your head (the bars) which contain energy linked to all thoughts, beliefs, perceptions, and emotions, that you have stored in any lifetime. Post treatment, many people feel clearer, lighter and more focussed.

45 minutes £40

Ear Candling

A safe and gentle alternative to help clear sinuses, alleviate headaches and remove excess ear wax. During a relaxing Ear Candling treatment, it is common to hear soft hissing and crackling as by chimney effect, the candle draws out impurities from the ear. This treatment finishes with a cleansing lymphatic facial to improve lymphatic flow around the head and sinuses.

45 minutes £41

The Switch Off

Relaxation from head to toe. Let your mind and body totally switch off from the world and give yourself time to breathe and revitalise. Beginning with an Indian Head Massage followed by a bespoke Reflexology treatment, feel the relaxation and peacefulness permeate throughout your whole body.

75 minutes £67

The Hummingbird Haven

A truly indulgent treatment for complete and deep relaxation. Following a soothing Indian Head Massage, melt further into blissful tranquillity with sumptuous Hot Stone Reflexology. This restorative treatment combination will leave you feeling soothed, rested, and peaceful.

90 minutes £87

Wellbeing in the Workplace

A great way to support the mental and physical health of your staff. Wellbeing in the Workplace is a fantastic opportunity for your team to rejuvenate during the working day, reduce their stress levels and be happier and more productive. The only requirement is a quiet meeting room with privacy, where we can create a calm space for the treatments. Costs can be covered by either the employer or the employees and may be reclaimable from company health insurance plans which include an allowance for complementary therapies.

Price on request



About Hummingbird

Passionate about treating clients living with stress, pain, chronic illness and auto-immune conditions, Hummingbird Holistic Therapies offers a truly bespoke treatment experience. If you're anything like Katy, the founder of Hummingbird, one size does not fit all.

So why should holistic treatments be any different?

Trained in Traditional Reflexology, Reflexology for Lymphatic Drainage, Hot Stone Reflexology, Cancer Care, Treatment of Pain through Reflexology, Indian Head Massage, Access Bars and Ear Candling, you can be sure that you will always receive the best treatment for you.

At the heart of Hummingbird is the desire to support and empower people on their journey to holistic health. Living with an autoimmune condition herself, Katy is a strong advocate for complementary therapies. Whether working in isolation, or alongside conventional medicine, complementary therapy can truly benefit those seeking to regain and maintain optimal health and wellbeing.

Life can be challenging, so make time to be kind to yourself. Book your treatment today.

Contact Our Harrogate Office



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Testimonials

"Could not recommend Katy more. Absolutely love the hot stone reflexology. She's really helped my back pain reduce and it's great for general de-stressing and relaxing."

"Absolutely amazing Indian head massage that felt incredible on my back and shoulders too!! Katy is a true professional and has a real passion for what she does."

"I had the access bars treatment for the first time. It was a truly relaxing hour and had a huge impact on me. Following the treatment I felt full of energy and 'balanced'. I have been calmer and much more chilled since. I would definitely recommend this (and Katy) to anyone with a hectic life!"

"Katy's healing hands have completely cured my anxiety. I look forward to our sessions everytime and leave feeling beyond relaxed. Give it a go and see for yourself!! You'll thank yourself for it."

"I love my weekly reflexology sessions with Katy. Thanks to the treatments, the swelling in my feet and ankles has reduced massively and I can now comfortably wear my shoes without pain!"



HUMMINGBIRD
HOLISTIC THERAPIES

Complementary Therapy
treatments to support people
living with stress, pain and
auto-immune conditions

Be Kind To Yourself

