



Acle Therapy Centre

*'We aim to make a difference
to your health & wellbeing'*

-CLINICAL TREATMENTS-

Remedial Therapy/ Sports Therapy

A treatment aimed to help a whole variety of muscular/skeletal problems such as:

- Headaches & Migraines
- Chronic Neck/Shoulder Tension
- Frozen Shoulder / Rotator Cuff
- Whiplash
- Lower Back Problems
- Sciatica
- Hip Strain
- Tennis Elbow / Repetitive Strain
- Knee Problems
- Strains/Sprains
- Sports Injuries etc.

First appointment (1 hour)

£37.00

Subsequent appointments (45 mins)

£32.00

ACUPUNCTURE

- Nerve problems
- Fibromyalgia
- Anxiety / Depression
- Irritable Bowel
- Allergies
- Infertility
- Sleep Disorders
- Fatigue etc.

Treatment Price

£38.00

MEDICAL FOOT HEALTH

- Nail trimming
- Ingrown nails
- Corn/callus reduction
- Diabetic care
- Verrucae care
- Fungal infections
- Plantar fasciitis

Initial Assessment & treatment

£37.00

On-going foot health treatment

£32.00

EAR CANDLING

A traditional therapy for the head, neck and ear area, from which nearly everyone can benefit. It can aid the symptoms of:-

- Headaches/Migraines
- Swimmers Ear / Blocked Ears
- Children's Glue Ear
- Tinnitus / Vertigo
- Sinus Problems

Treatment time (45 mins)

£32.00

OSTEOPOROSIS SCANS

There are no warnings that you may have developed osteoporosis (the brittle bone disease) and it is often diagnosed only when a bone is fractured after even a minor fall. Early diagnosis can help prevent fractures and bone loss. An ultrasound densitometer is used to measure both heels, giving you a full report with your test results; this includes a projection of likely future bone density together with advice and support recommendations.

Treatment Time 45 mins

Cost £50

ONCOLOGY MASSAGE

Specific techniques are used in order to safely work with complications of cancer and cancer treatment. This includes past treatment, active treatment, in recovery, and at the end of life. An informed understanding and training is used of the many ways the massage can affect the human body and the side effects of cancer treatments such as medications, surgery, chemotherapy and radiation.

Treatment Time 1 hour

Price: £37

-TALKING THERAPIES-

COUNSELLING

Helps deal with and overcome issues that are causing emotional pain or making you feel uncomfortable. Provides a safe and regular space for you to talk and explore difficult feelings. E.g. bereavement / relationship breakdown / redundancy / work-related stress / feelings of depression or sadness / anxiety or worry etc.

£37.00

HYPNOTHERAPY

Appropriate and relevant positive beneficial suggestions can be given allowing you to achieve your specific goals, improve the quality of your life and bring about the changes you desire. It can help with most of life's issues such as anxiety, stress, self-confidence, weight loss, stop smoking, self esteem and many others.

£45.00

NLP

Can guide you to look at the steps that have brought you to where you are and to examine the negative and positive influences, behaviours and choices that are responsible. Using NLP we can also examine areas of success and use these as a springboard for developing other successful emotions and determine the most effective way to use experiences and emotions in everyday situations. NLP allows for rapid transformation.

£45.00

-HOLISTIC TREATMENTS-

REFLEXOLOGY

Using pressure points on the feet, helps to relieve a variety of concerns e.g. hormonal issues, maternity, chronic pain, headaches, sleep disorders, joint & muscular issues and digestion.

Treatment time 1 hour £37.00

AROMATHERAPY MASSAGE

Massage with essential oils that are blended specifically to the individual for improving psychological or physical well-being.

Treatment time 1 ¼ hours £50.00

INDIAN HEAD MASSAGE

A seated massage through clothes or with oil, working on upper back/shoulders/neck/face & scalp. Perfect antidote for the 'work weary westerner'

Treatment time 45 mins £32.00

STRESSBUSTER PACKAGE

Back, neck & shoulder massage; scalp massage; foot & lower leg massage; Reiki.

Treatment time 1 hour £37.00

ABDOMINAL HEALTH DETOX MASSAGE

Aids constipation, irritable bowel & bloating

Treatment time 45 mins £32.00

HOT STONE MASSAGE

Instant relaxation! The natural stones create a balancing, meditative experience, leaving you comforted, soothed and grounded.

Treatment time 1 ½ hours £60.00

LAVA SHELLS MASSAGE

A luxury back, neck & shoulder massage with heated lava shells, infused with healing herbs.

Treatment time 1 hour £37.00

FULL BODY SWEDISH MASSAGE

General tone up to legs; arms, abdomen; front shoulders; back; face & scalp.

Treatment time 1 ¼ hours £45.00

MANUAL LYMPHATIC DRAINAGE

An extremely gentle massage for fluid retention & detoxification, using aromatherapy oils.

Treatment time 1 ¼ hours £48.00

-HEALING-

REIKI

A hands-on universal healing treatment through clothes. The immune system is boosted and physical injuries, internal disorders, bereavement, emotional imbalances and many stress related illnesses can be dramatically helped.

Treatment time 1 hour £37.00

REIKI TRAINING

Reiki First Degree - A one-day workshop to learn basic principles, the history, hand positions, how to heal yourself, and give natural healing to family, friends and pets. £95.00

Reiki Second Degree - A one-day workshop, introducing the Reiki symbols and how to use them. It enables you to perform distant healing and achieve practitioner status £150.00

QUANTUM HEALING HYPNOSIS THERAPY

A unique opportunity to gain clarity on:

- Relationships
- Health
- Finance
- Career
- Family
- Purpose in Life etc.

Treatment time 2-3 hours £95.00

-HOLISTIC BEAUTY-

'INCH LOSS' HOLISTIC BODY WRAP

Body exfoliation; body wrap in a specialised clay; machine massage in target areas; scalp massage & application of aromatherapy oils.

Treatment Time 75 mins £75.00

(Book & pay for four & receive a 15% discount)

DELUX ORGANIC FACIAL TREATMENT

Cleanse; tone; exfoliate; facial massage; acupressure; aromatherapy mask; & nourishing skin serum to complete treatment.

Treatment Time 60 mins £37.00

THE ULTIMATE PACKAGE

Deep Foot Soak & Pressure Reflexology, Body Scrub & Body Wrap, Facial Pressure, Point Massage, Face Mask, Scalp Massage, Full Body Aromatherapy Massage.

Treatment Time 3 hours £129.00

WEIGHT & HEALTH EVALUATIONS; HAIR ANALYSIS TESTING;
1 : 1 YOGA SESSION OR SMALL GROUP

FOR APPOINTMENTS TELEPHONE

07760 386882

WE HAVE A TEAM OF THERAPISTS OFFERING DAYTIME,
EVENING AND WEEKEND APPOINTMENTS

3 CONSULTING ROOMS AT:

ACLE THERAPY CENTRE
NORWICH ROAD, ACLE
NR13 3BY

