

Yoga You

- Yoga •
- Kinesiology •
- Aromatherapy Massage •
- Hot & Cold Stone Treatment •

Yoga You

offers single or combined, individually prescribed therapies incorporating key elements of the practices mentioned above to suit your needs.

All are wonderful, holistic practices / therapies for maximising health and well-being.

Manage stress, deal with a multitude of health issues, restore balance, build strength emotionally, physically, and mentally.



Therapies

Therapies are especially tailored to meet your individual needs, and for pregnancy,

Choose single or combined therapies:

- Yoga
- Kinesiology
- Guided Relaxation or Meditation
- Aromatherapy Massage
- Geothermal Hot Basalt Stone Massage
- Cold Marble / Jade Stone Massage

Treatments are 30, 60, or 90 mins.

Aromatherapy Massage Treatments:

Includes a range of stimulating, remedial treatments with pure organic, ethically sourced essential oils.

- Full body (60 / 90 mins)
- Back, neck, shoulders (30 mins)
- Arms & hands (30 mins)
- Full facial massage (30 mins)
- Honey lift cold stone facial (30 mins)
- Deluxe honey lift facial (60 mins)

Prices:

- 30 mins = £15
- 60 mins = £25
- 90 mins = £30

Please Note:

- Stone therapies are £10 extra
- 30 min Honey Lift Facial is £20, or £15 if added to another treatment
- 60 min Deluxe Honey Lift Facial is £30

Yoga You with Ann Simmonett

Ann is a fully qualified and insured professional Yoga Teacher since 1998. She is also a qualified Aromatherapist, Masseur, and Kinesiologist.

- British Wheel of Yoga Teaching Diploma
- Comprehensive Yoga Fellowship Teaching Diploma
- BWY Prenatal Yoga Practitioner
- Register of Exercise Professionals – Level 3
- BSYA Diplomas in Massage, Kinesiology, Aromatherapy, Hot Stones

Yoga You

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