

June 2006

Press Release



*Ragdale Hall*  
HEALTH HYDRO

## Crystal Wand Massage

A luxurious massage therapy designed to combine the benefits of crystal healing and massage.



One of Ragdale's most experienced holistic therapists, Sarah Hardy, has devised this superb full body treatment, which combines traditional massage techniques, pressure points, crystal therapy and a blend of essential oils.

Warm, smooth, crystal wands of Rose Quartz (for calming), Amethyst (to aid sleep) and Clear Quartz (for energising) are used to promote self-healing and a feeling of wellbeing.

The wands are a ball of crystal linked to a crystal point by a band of other crystals fused into a metal collar.

Crystal Wand Massage helps to relax tired muscles, clear energy pathways, rebalance the mind and body to dissolve stress, tension and anxiety.

Duration: 85 minutes

Price: £74.50

## Energy Massage

A deeply relaxing, pressure flowing massage.

A unique therapy, which involves a perfect synergy of Reiki and gentle massage.

Essential oils of Lavender, Chamomile and Mandarin are used to relax, de-stress and re-energise.

Benefits will include relaxation, relief from stress, a circulation boost and ease of sleeping.



Duration: 85 minutes

Price: £68.50

**To experience either of these top quality treatments for yourself, please contact:**

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