



ERSILIA DI NITTO

Ersilia is a qualified Clinical Reflexologist with a Level 5 Diploma and full membership in the Association of Reflexologists. Her expertise includes facial, hand, foot reflexology, as well as Ear Seeding and Auricular Reflexology. She specialises in stress management, chronic conditions, palliative care, fertility, and maternity care. Reflexology is based on the principle that our face, ears, feet, and hands reflect the entire body. Ersilia tailors the treatments to the guests' needs, promoting balance, healing, and overall well-being with a gentle approach.

Reflexology Bliss

1 hour **£250**

1 hour 30 minutes **£290**

Reflexology Bliss is a reflexology signature treatment which combines the therapeutic effects of facial, hand, foot reflexology and Auricular Reflexology. A unique experience tailored to your needs which targets different aspects of the body and the mind.

Treatment time includes a health consultation, preparation as well as the reflexology treatment and aftercare advice. Whether you are looking for support with an existing health condition, want to reduce your day-to-day stress levels or would just like a little "me" time, your specially tailored Reflexology treatment will promote a deep state of relaxation and wellbeing.

Express Ear Reflexology *(add on only)*

30 minutes **£120**

This exceptional reflexology approach incorporates the stimulation of acupressure points and ear reflexes by hands, ear probes and 24k gold ear seeds. Just like we have reflexology maps for our hands, feet and face; we can access our entire body through our ears.

Express Hand or Foot Reflexology *(add on only)*

30 minutes

£120

Restore a sense of calm in just 30 minutes with this express treatment, perfect for those who are on the go and short on time seeking an expedited reset. Whether you choose to have express hand or foot reflexology, each treatment is bespoke.

Express Facial Reflexology *(add on only)*

30 minutes

£120

A signature treatment focused on the face which combines acupressure, reflexology techniques and crystal tools to promote multiple health and aesthetic benefits.