

Indian Head Massage

£25 45 mins

Based on the Ayurvedic system of healing from India. The head, neck, and shoulders are massaged with a range of deep kneading and compression movements, and the pressure points of the face are gently stimulated. The aim of the therapy is to release stress that has accumulated in the muscles tissue, and joints.

Homeopathy—includes remedies

First appointment

£55 1 hour

(Follow ups*)

£35 1 hour

A natural form of medicine, which is used to stimulate the body's own ability to heal. Following a detailed consultation with the homeopath, you will be prescribed a remedy to suit your individual mental, emotional, and physical state. The remedies are all natural, completely safe and non-toxic.

Shiatsu Massage

Low Cost only

Originating in Japan and influenced by Traditional Chinese and Western medical approaches, Shiatsu is a versatile and deeply relaxing holistic therapy. Following similar principles to acupuncture, Shiatsu stimulates the body's own healing processes through the application of gentle, sustained pressure to points and channels (meridians) across the body. This unique form of bodywork (carried out while you're fully clothed) acts to rebalance, release and restore the flow of vital energy (Ki) along the meridians to support good health and wellbeing.

* Existing clients only

Complementary Therapies

24 Trinity Church Gate, Wakefield, WF1 1TX

Telephone: 01924 211114

Email: info@wellwomenwakefield.org.uk

All of the complementary therapies work holistically, which means they treat you as a whole person - emotionally, mentally, and physically - rather than concentrating on a single symptom, assisting you in achieving wellness.

So if you are looking to boost your wellbeing, want help with an ongoing health issue, or you're just curious, why not give it a go? We are happy to talk to you and help you choose the most appropriate therapy.



for women, by women

Low Cost

As part of our commitment to making complementary therapies available to all women, we offer low cost treatments for most of the therapies, to those living within the Wakefield District, and in receipt of the following benefits:

- Income Based Job Seekers Allowance (non-contributory)
- Working Tax Credit and with a household income of less than £15,050
- Income Support
- Housing Benefit
- Council Tax Benefit
- Pension Credit (Guarantee Credit)
- ESA (WRAG or Support Group)

Concessions are also available to:

- Full time students
- Asylum seekers

Low cost treatments are subject to a waiting list. The number of sessions offered will be discussed at the start of treatment with your complementary therapist.

Treatments sessions are reduced to a cost of £5 per session (£10 per session for Homeopathy).

How To Book

Contact us on the phone number or email address on the first page.

Day and evening appointments are available.

Please refer to individual therapies for full cost price.

Gift Vouchers available.

Therapies available:

Aromatherapy

£30 1 hour

A full body massage with essential oils, blended specifically for you to help uplift, soothe, calm and relax, as well as help directly with a range of emotional and physical problems. During the massage the oils are absorbed into the body through the skin and nose, and remain in the system for several hours.

Bowen Technique

£35 1 hour

A system of muscle and connective tissue therapy developed in Australia. During the treatment, Bowen Techniques send signals via the body's nervous system at specific locations on muscles, tendons, ligaments or nerves, which aim to trigger the body's ability to heal itself. This is a light touch therapy and relaxing to receive.

Reflexology

CURRENTLY ON HOLD

This therapy works through the feet, as every part of the body has a corresponding part in the foot, known as a reflex. By applying gentle pressure to these areas with thumbs and fingers, the therapist aims to bring the body back into harmony.

Reiki

Low Cost only

Meaning "Universal Life Force". The treatment uses this universal energy to balance and heal. Reiki works on an emotional level, as well as releasing physical blockages. You will lie fully clothed while the therapist places her hands in a series of non-invasive positions on the body. Feelings of warmth, tingling, and calm may be felt.