

Holistic Therapies at The White Horse in the privacy of your hotel room



What are Holistic Therapies? A phrase for ‘pampering’ oneself. Holistic therapies work on the whole being, body and emotions, taking into consideration our ever-stressful lifestyle and overloaded minds.



What are the benefits? Stress relief and muscle relaxation are the major reasons for the majority of people seeking a treatment. It should be a soothing, relaxing experience with any negative emotions slipping away as the treatment progresses. Tight, stressed muscles can cause a build up of toxins in the body, leaving one feeling tired and aching. Massage encourages the lymphatic system in the body to naturally flush these toxins out, leaving the muscles feeling looser and more comfortable, leaving you with a sense of well-being and emotional calm.

Why do I need a treatment? You have already treated yourself to a stay away from home. The north Norfolk coast is clearly a beautiful, unspoilt area in which to ‘recharge your batteries’. The fresh air outside is a refreshing treat for eyes and lungs so why not give your insides the same refreshing treat. What better way to experience a treatment than in the privacy and relaxed atmosphere of your hotel room



What does it involve? You will be required to complete a consultation form. Personal preferences and modesty issues will be discussed. Use of essential oils can be used to support the ‘healing and calming’ effect on the mind and body.



For more information or to book a treatment please telephone

Annette Robinson, member of the Federation of Holistic Therapists

on 0776 5488872 or 01485 210997

or

enquire at reception at The White Horse when you arrive