

Enquiries & Appointments

For all enquiries, please call 028 2858 3026.
All appointments must be pre-booked. Opening hours are flexible to accommodate your personal needs.

Clients should attend 10 minutes prior to their appointment to allow for consultation in relation to current health.

At time of booking please inform the therapist of any condition, particularly the following:

- Pregnancy
- Allergies
- Epilepsy
- Neuralgia
- Recent operations
- Breathing difficulties
- Circulation
- Heart conditions
- Slipped disc
- High / low blood pressure
- Skin / Scalp diseases
- Arthritis
- Spinal Injury
- Other

Cancellation Policy

All cancellations and changes to appointments must be made at least 24 hours prior to scheduled appointment.

Multiple Bookings Policy

Discounts are available for multiple bookings – please ask at time of booking. Full payment must be made at first appointment.

Pre-treatment

- It is essential that meals are eaten at least one hour prior to treatment
- Drink at least one glass of water prior to treatment to help flush toxins from the body
- Please leave all jewellery at home

After Care Advice

- Drink plenty of water after your treatment to help flush toxins from the body.
- It is best to avoid alcohol and caffeine drinks as they counteract the benefits gained.
- Rest as much as possible.
- Some clients may experience headaches after treatment - this is due to toxin removal from the body.
- You may feel lethargic the day after, this will be a temporary reaction, due to toxins being released, and will be followed by a feeling of vitality and sense of well being.
- **How often should you have a massage or treatment?**
It is easier to keep on top of fatigue with regular treatments. Individuals have varying needs, however for general well being, a treatment every 3-4 weeks is recommended. Prevention is better than cure!

Gift Vouchers

Make a wonderful present for that someone special with a Hara Holistics Gift Voucher.

Member of the International Council of Holistic Therapists
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Federation of Holistic Therapists

'Shirodhara - its one of the most calming experiences I've ever had!'

– Louise McCabe, (Proprietor of Croft Lets, Ballygally)

'Everyone deserves a full body massage every now and then – truly invigorating!'

– Dave 'Boy' McAuley, (former world boxing champion and proprietor of Halfway House Hotel, Ballygally)



Hara Holistics The Boat House 293 Coast Road Ballygally
(Opposite main car park & beside main entrance to beach)

www.haraholistics.com



Holistic Therapies

by Martin Quinn

02828 583026



Treatments

Shirodhara

1 hour 15 mins £50

The treatment starts with a gentle Indian head or back massage to stimulate nerve endings. This is followed by a gentle flow of warm oil over the forehead creating a subliminally restful sensation. A truly Ayurvedic experience where deep relaxation helps relieve stress and tension from the body and mind to balance the emotions. Quite effective in helping to pacify insomnia, depression, epilepsy and addictions. As a non-invasive treatment, this therapy is suitable for cancer-sufferers.

Indian head massage

30 mins £24

Deep friction work to the neck, upper back and shoulder areas using an aromatic oil, followed by passive movement work to loosen the joints and a light Ayurvedic facial massage to finish. Quite an uplifting experience.

Ultimate Indian head massage

45 mins £35

A deep and relaxing massage to the head and pounding pressure to the neck, back and shoulder areas with a Khizi* ball combined with warm Ayurvedic oil. The gentle pounding pressure helps enhance circulation and ease tension in muscles. Finally an Ayurvedic facial massage further relaxes the mind, body and soul.

* Khizi (pronounced Keri) massage involves using specially prepared medicinal ingredients tightly packed into a linen pouch known as a Khizi ball.

Treatments

Swedish full body massage

1 hour 15 mins £40

A truly relaxing and de-stressing massage, designed to relieve anxiety and muscle tension, enhance circulation and leave you with a sense of total well-being.

Swedish deep tissue back massage

40 mins £30

A deep tissue massage, ideal for releasing muscle tension in neck, back and shoulder areas, helping restore flexibility and leave you feeling invigorated.

Hot stones full body massage

1 hour 30 mins £50

Harnessing ancient healing properties, basalt stones are used to transfer heat deep into muscle tissues to rejuvenate the body, break-up lactic acid, flush out toxins and help speed-up the metabolism to bring balance to the body and restore energy levels.

Hot stones back massage

45 mins £40

Using basalt stones to create an intense deep tissue massage, pressure is focused on muscle tension in neck, back, arms and shoulder areas to help eliminate pain and restore flexibility.

Treatments

Khizi* full body massage

1 hour 15 mins £45

Pure luxury for the tired, aching body – the full body massage combined with a specially prepared Khizi* ball and warm Ayurvedic oil helps relieve those tired muscles and aching joints by lightly pounding and rubbing the areas of tension. Khizi* massage is quite effective for those clients with arthritic conditions.

Khizi* back massage

40 mins £35

Body massage technique is used on the neck, back, arms and shoulders with the addition of a Khizi* ball which, used in conjunction with warm Ayurvedic oil helps relieve those tired muscles and aching joints by lightly pounding and rubbing the areas of tension. Khizi* massage is quite effective for those clients with frozen shoulder.

Reflexology

1 hour £35

Reflexology is based on the theory that reflex points in the feet mirror every organ, area and system of the body. By massaging these, the reflexologist can observe and facilitate a clearing of any blockages in the corresponding areas of the body.

Due to its holistic approach, reflexology can be useful in treatment of conditions such as migraine, eczema, asthma, insomnia, low energy levels and stress, as well as being a relaxing experience that promotes good health and vitality. It balances the circulatory, excretory, digestive, endocrine and immune systems, helping the body to rid itself of toxins and promote healing, as well as effectively releasing muscular tension.