

## **Extreme Relaxation Experience**

**Treat yourself or someone special to a day of luxury and indulgence. Take time out reading, listening to music, thinking, planning or even just being.**

Luxuriate in a whole day devoted to your individual needs to rejuvenate, re-dress and re-balance the mind body and soul and enjoy a programme of treatments designed to leave you at the end of the day feeling revitalised and re-energised to continue your busy life.

Our Extreme Relaxation Experience Day includes the following:

- Personal consultation before the day to discuss your objectives and identify three therapies selected from those listed below suited specifically to meet your needs for you to enjoy on the day:
    - Aromatherapy
    - Therapeutic Massage (Swedish) including Pregnancy Massage
    - Indian Head Massage
    - Hopi Ear Candles (Thermal-auricular therapy)
    - Reiki
    - Colour Therapy
    - Bach Flower Consultation
    - Aromatherapy Facial
    - Reflexology
  - A light lunch
  - Complimentary herbal teas, mineral water, juices, and nibbles are available throughout the day
  - Complimentary Newspapers
  - A robe and slippers, a blanket and pillows will be provided for your use during the day.
- \* We also offer a “pick-up-take-home taxi service”. This service is extra and will be quoted for separately upon application.

Our Extreme Relaxation Day typically starts at 9.30am and costs £130 (inclusive)

For further advice and information please contact Janet Flowers on **01933 398744 or 07790 827948 or by email: [janet.flowers@hertshealing.com](mailto:janet.flowers@hertshealing.com)**

**Extreme Relaxation Experience Reservation Form**

**Dear Guest,**

Please complete this booking form and forward it to us to arrive seven days prior to your Extreme Relaxation Experience Day.

In order to secure your stress-free day we ask that you forward full payment of £130 (please make cheque payable to Herts Healing) with this form.

Mr/Mrs/Ms: ..... Surname: .....

First Name: ..... Preferred Date:.....

Profession: ..... Date of Birth: .....

Daytime Telephone No.: ..... Evening Telephone No:.....

E-mail: .....

If taxi required: (NB: Price quoted for separately on application)

Pick-up address:

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Return address (if different from above):

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Unfortunately, we do operate a cancellation policy. We require a minimum notice period of 24 hours cancellation to avoid a 50% cancellation charge.

We look forward to welcoming you on your Extreme Relaxation Experience day.

**With best regards,**

**Janet Flowers  
Herts Healing**

## **Extreme Relaxation Experience Questionnaire**

### **Dear Guest,**

In order to make your day special please take a few moments to complete this small questionnaire and include it with your reservation form.

### **Beverages**

A range of complimentary herbal teas, mineral water, juices, and nibbles are available throughout the day. Please specify any preferences you may have:

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### **Dietary Requirements**

Do you have any special dietary requirements that we should be aware of?

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### **Allergies**

Do you have any allergies we need to aware of?

.....

### **Music**

A CD player will be available for you throughout the day. You are very welcome to bring your own CD's or you may prefer us to put a collection for you. Please state your preferred selection for your day and we will do all we can to meet your needs:

Classical: ..... Opera: ..... Pop: ..... Country: ..... Jazz/Blues: .....

Other: (please specify): .....

### **Bathroom Amenities**

What aroma would you like for your bathroom amenities?

Sense of vitality (Peppermint): ..... Sense of Tranquillity (Lemongrass): .....

Other (please specify): ..... Fragrance free: .....

### **Newspaper**

Your day also includes a selection of complimentary daily newspapers. Please specify your preferences

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### **Other Information**

If there is any other information you feel it would help us to know to make your day personal and special please let us know:

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Thank you for completing this small questionnaire. We look forward to welcoming you on your Extreme Relaxation Experience day.