
THE

STABLES

WELLNESS & HOLISTIC THERAPIES

TREATMENT MENU

2022



Opening Hours

Monday	Closed
Tuesday	9.00am - 9.00pm
Wednesday	9.00am - 9.00pm
Thursday	8.00am - 8.00pm
Friday	Closed

Treatments by appointment only

The Stables Wellness & Holistic Therapies

Set in beautiful, tranquil surroundings in the Dumfriesshire countryside, within the stunning buildings of a former Victorian stable block, The Stables Wellness & Holistic Therapies provides a private, relaxing and luxurious location for your wellness and holistic treatments.

Offering an extensive range of therapies including Maria Åkerberg facial and body treatments, Bellabaci Cupping Massage, K.O.R.E. Therapy, Acupuncture and a variety of massage, whilst you are at The Stables, my aim is to offer you a professional experience, personalised to your needs, that will leave you feeling relaxed, rejuvenated and revitalised.

I look forward to welcoming you....+



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1 Maria Åkerberg Skincare Organic Face & Body

Maria Åkerberg is a family owned business and Sweden's leading professional brand within organic skincare. Ever since the start back in 1995, they have been set on making the world a more beautiful place, one non-toxic product at a time.

Maria Åkerberg wants to make a difference with skincare that brings out our natural beauty and nourishes deep within the skin for lasting results. It is a philosophy that guides them in all they do. They call it Deepskin Organics® and it anchors their brand promise. From the MÅ factory in the small, coastal town of Frillesås in Sweden, they manufacture deeply nourishing skincare, hair and beauty products for a more beautiful world, based on all-natural minerals and organic ingredients.

Pure and simple power of nature by MARIA ÅKERBERG. That's it.



MARIA
ÅKERBERG

DEEPSKIN ORGANICS®

MÅ Classic Facial Treatment | 60mins | £44.50

A soothing and beneficial treatment that is suitable for all skin types. A facial that will protect against life's daily stresses, prevent visible signs of aging and prevents blackheads. Incorporates a soothing facial massage. This facial is packed full of ingredients that will help smooth, repair and aid absorption which will leave the skin protected.

MÅ Luxurious Facial Treatment | 90mins | £71.50

This facial treatment is especially for a dry and/or mature skin. The skin will appear more radiant and moisturised afterwards. It helps to prevent visible signs of aging and improves the skins elasticity.

MÅ Anti-Age Facial Treatment | 60mins | £57.00

This Anti-Age treatment has a firming and activating effect on the skin. It helps to prevent visible signs of aging. Preferably for mature skin. The skin will become more radiant with a lovely glow.

MÅ Anti-Rouge Facial Treatment | 60mins | £52.50

This Anti-Rouge facial treatment prevents superficial blood vessels and is suitable for skin with sensitivity or rosacea. It will help to reduce redness in the skin. You will get the best result if you have a facial once per week for 6 weeks and then once monthly.



MARIA
L'ESSENCE



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MÅ Vitamin C Facial Treatment | 45mins | £47.50

This is an amazing energy boost facial for tired skin. It restores sun damaged skin and prevents visible signs of aging. This facial is perfect for skin with pigmentation, mild acne and skin that is in need of radiance. (Please note that the skin should not be exposed to sunlight 24 hours before and 48 hours after the treatment).

MÅ Moist Facial Treatment | 45mins | £47.50

A facial for all skin types. It adds moisture to the skin which prevents visible signs of aging. The skin will gain more plumpness and look radiant.

The Stables Signature Rejuvenation Facial 90mins | £79.00

This facial includes acupuncture using hair fine needles to specific acupuncture points on the face. The whole body is stimulated to expel toxins, remove fluids, increase blood flow and stimulate new cell growth. Gua Sha massage will help to lift and firm the skin and Amno Fu (deep abdominal massage) helps gut health as this is directly related to skin health. Maria Akerberg skincare products are used which will help to improve the firmness of the skin and reduce the signs of ageing, leaving the skin looking radiant.



MÅ Body Scrub | 25mins | £26.50

A luxurious body exfoliation treatment using MÅ Body Scrub. This foaming exfoliator with grains of Apricot Kernels, Jojoba Oil, Grapefruit oil and Rosemary oil will stimulate blood and lymph circulation. Perfect for a pre or post holiday treatment.

MÅ Hot Body Treatment | 90mins | £68.50

A luxurious warming treatment for the body which increases blood and lymph circulation, this treatment is suitable for all but especially good for those with circulatory problems. The MÅ Hot Body Treatment includes a full body exfoliation, a detoxing algae wrap and a full body massage with hydrating oils and balms.

MÅ Algae Body Treatment | 90mins | £68.50

Detox and purify with this organic algae detox wrap for the body. Algae is rich in vitamins and minerals that will detoxify and replenish your skin. This treatment includes a full body exfoliation, a detoxing algae wrap and a full body massage with hydrating oils and balms.



2 Bellabaci Cupping Massage

What is Bellabaci cupping massage therapy?

Bellabaci Cupping Massage is a relaxing massage in which I use the specially designed Bellabaci silicone hand squeezed vacuum cups in combination with Bellabaci's unique oils (Genies). According to your specific concerns, I will choose the Genie that will be most beneficial in your treatment. The cups are moved in specific sequences on the areas to be treated and this effectively drains toxins and fluids, improves blood circulation, loosens muscles, reduces pain, lifts the connective tissues and intensifies metabolism. The benefits are endless and you will feel a deep relaxation during the treatment and continue to experience deep warmth and relaxation afterwards.



Does it leave marks on my skin?

Unlike traditional cupping therapy, Bellabaci Cupping Massage does not leave any marks on your body when massage movements are used. For acute problem spots, I may station the suction cups on the area for a couple of minutes to achieve greater results. In that case, red or purple marks will occur and will disappear in 7-10 days. I will discuss with you if a stationary cupping therapy is needed.

How is Bellabaci cupping massage used?

Bellabaci Cupping Massage can be as a stand-alone overall treatment or added onto other massage treatments to target various concerns:

- Tissue and joint inflammation
- Sprains, strains and spasms
- Tired, sore and overworked muscles
- Arthritis
- Back and joint pain
- Fibromyalgia
- Sluggish colon
- IBS
- Stagnant lymph and oedema
- Poor circulation
- Cellulite

The Bellabaci Muscle Relaxing Massage | 60mins | £52.50

This massage is a full body treatment which gives excellent results in relaxing tight muscles all over the body. It will help to drain toxins and fluids, improve blood circulation, loosen muscles, reduce pain, lift the connective tissues and intensifies metabolism. You will feel a deep relaxation during the treatment and continue to experience deep warmth afterwards.

The Bellabaci Back, Neck and Shoulder Release Massage 40mins | £37.00

This massage focuses on the back, releasing tight shoulders and neck pain. It will help to drain toxins and fluids, improve blood circulation, loosen muscles, reduce pain, lift the connective tissues and intensify metabolism. You will feel a deep relaxation during the treatment and continue to experience deep warmth afterwards.



The Bellabaci Lymphatic Drainage Massage 45mins | £42.00

Regular lymphic cupping helps move the lymph through the body to the lymph nodes. Stagnant lymph can cause headaches, this often starts in the back of your head and progresses up through your sinus cavities and down through your upper back and shoulders. This increased pressure can cause a variety of symptoms from nerve pressure, sinus pain, fatigue, or an overall feeling of being unwell.

People suffering from oedema or post chemo swelling can also benefit from regular lymphatic cupping. The light pressure produced from the cups can help move the fluid and reduce pooling in the tissue. This can be particularly beneficial to those with a damaged lymphatic system.

Cupping lymphatic massage is slightly different than traditional lymphatic massage in that it stretches open and lifts, rather than closing the lymphatic vessels. This action increases the movement of lymph through the system effectively, with little to no discomfort.

The Bellabaci Cellulite Reduction Massage 45mins | £37+.00

This treatment reduces the appearance of cellulite, stimulates fat removal, restores skin tone and uneven texture.



The Bellabaci Ultimate Relaxing Massage
90mins | £68.00

This massage is a full body and facial massage using the Bellabaci cups to drain toxins and fluids, improve blood circulation, loosen muscles, reduce pain, lift the connective tissues and intensify metabolism. Facial massage is the best form of natural therapy that can give your skin a lovely glow and tone. Just like any other type of massage, it gives a relaxing feeling, relieves tension and promotes good circulation of the blood to your face. It is also called an anti-aging treatment because it reduces wrinkles and tightens facial muscles. The benefits of Facial massage also includes that it normalises the moisture balance of the skin, helps in reducing impurities and toxins and increases radiance.



The Bellabaci Relaxing Facial Massage | 75mins | £58.00

Facial massage is the best form of natural therapy that can give our skin a lovely glow and tone. Just like any other type of massage, it gives a relaxing feeling, relieves tension and promotes good circulation of the blood to your face. It is also called an anti-aging treatment because it reduces wrinkles and tightens facial muscles. The benefits of Facial massage also includes that it normalises the moisture balance of the skin, helps in reducing impurities and toxins and increases radiance.



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3 Pregnancy Treatments

Relaxing Pregnancy Ritual Massage | 60mins | £42.00

Pregnancy is a precious time for any woman, however the rapid and unexpected changes that happen to the body can be overwhelming. From painful stress on joints and muscles to signs of water retention, a lack of energy and even a dip in mood.

This Relaxing Ritual Massage offers a gentle and natural solution that not only aids in relieving tightness and tension in the body but also helps to relax your mind and lift your mood. The Relaxing Ritual Massage encompasses massage of both body and face using a variety of soothing signature massage techniques, including comfortable positioning to enhance relaxation and relieve muscle stress. Throughout the duration of the ritual you will feel a combination of relaxing and stimulating massages to help gently increase energy levels, alleviate fluid build-up and improve areas of tightness and pain.

Following the Relaxing Ritual Massage you are sure to see a whole host of benefits, from an ease in mood to an increase in levels of the “feel-good” hormones, whilst it even promotes a better night’s sleep. This is the ideal treatment to calm and connect with your baby and promises to leave you feeling ready to embrace the joys of motherhood.



Pregnancy Full Body Massage | 90mins | £63.00

Pregnancy Back Massage | 45mins | £42.00

Pregnancy Back Massage | 30mins | £37.00

Pregnancy Massage is a deeply relaxing and restorative treatment tailored entirely to your needs and your stage in pregnancy.

Massage during pregnancy can help you adjust to the dramatic changes you are experiencing as you prepare for childbirth. There are many well-documented benefits to pregnancy massage including reduced anxiety and back pain, improved mood and sleep, lowered urinary stress hormones and fewer birth issues.

First Trimester 1 - 13 weeks

During the first trimester you may be feeling tired, emotional, anxious, short of breath and nauseous due to hormonal changes taking place in your body. Massage in the first trimester is gentle, slow and relaxing with a focus on shiatsu pressure points, energy, breathing and visualisation exercises.

Second Trimester 14 - 27 weeks

During this trimester you may start to feel the strain of the increasing weight of your baby and your limbs and joints may start to feel swollen and achy. Massage in the second trimester includes deeper work as well as lymphatic drainage techniques where necessary.

Third Trimester 28 - 40 weeks

Massage in the third trimester is focused on preparing you for childbirth through massage techniques, stretching and breathing exercises, helping to:

- Relieve muscular aches and pains
- Relieve 'restless limbs'
- Reduce tiredness and promote sleep
- Alleviate stress on weight-bearing joints
- Reduce oedema or swelling of joints and limbs
- Encourage the baby into the correct foetal position (through gentle exercises)
- Emotionally and physically prepare you for childbirth

4 K.O.R.E. Therapy

K.O.R.E. Treatment | 45mins - 1hour | £42.00

K.O.R.E. Therapy (Kinesthetic Optimum Recovery Enhancement) integrates the best of both Eastern and Western assessments and treatment skills, so for a fast recovery, all systems of the body, including nerves, muscles, blood, organs, lymph and digestion, need to be evaluated and treated as they all influence each other. By using a unique muscle testing routine, firstly, I ascertain the root cause of the condition, injury and/or imbalance. Once this has been established, my treatment then focuses on the root causes, and by releasing these, the whole body benefits.

Why Choose K.O.R.E.?

K.O.R.E. Therapy differs from other therapies because instead of only looking at 'What' the problem is, we ascertain 'Why' the problem is there and where it is coming from.

For example lower back pain could possibly be caused by a pelvic imbalance, or migraines could possibly have a neck problem affecting blood flow and nerves into the head which in turn could lead to migraine symptoms. I use unique muscle testing to pin point the root of the problem and then treatment techniques such as Spinal Massage, Pelvic & Cranial Balancing, Cupping and other therapies can be applied. Treatment is fully clothed and techniques are gentle so not to cause pain.





Typical Conditions Treated:

- Back Pain • Headaches • Joint Pain • Migraines • Insomnia
- Arthritis • Menstrual Difficulties • Fatigue • Stress • IBS / Crohn's Disease • Constipation • Diarrhoea • Frozen Shoulder
- Neck Issues • Skin Complaints • Infertility • Sports Injuries and many more.....

KORE[®]
KORE Therapy

Anmo Fu - Deep Abdominal Massage | 30mins | £23.50

Abdominal massage is a deep oil based massage focused on the abdominal region. Your abdomen is the centre of your body and at times, the source of your well being. Its role is to ensure that all organs are operating efficiently with space to breathe and a good supply of blood and lymph.

Anmo Fu has been described as the most beneficial treatment system for the complete human being. Each organ is not just an anatomical unit, but also part of an energy meridian which is linked to other functions in the body, including our mood and emotions. Our internal organs control and enhance not only our physical bodies, but also our mental and emotional balance. Many things can affect the functioning of our internal organs and digestive system, stress being the major factor here. When we are stressed the bowels are directly affected. It causes torsions, twists, blockages and general absorption imbalances which leads to problems in the absorption of water and nutrients and affect the body's own healing/ immune system.

These imbalances can remain in the body for years, leading to conditions such as fatigue, anxiety, headaches/migraines, back pain, constipation/diarrhea, IBS, wind, ME, Bloating, ulcerative colitis, fertility issues, menstrual disorders, menopausal problems, endometriosis, all of these conditions may benefit from a series of Anmo Fu massage treatments.

During this massage my aim is to release all the twists and torsions in the bowels while balancing the internal organs, clearing trapped toxins, restrictions and releasing waste products thereby creating a fantastic system for treating many stress, bowel, lower back and emotional problems by promoting good health, and enabling the organs to function to the best of their abilities.



Cupping Therapy | 30mins | £26.00

Cupping is an ancient traditional treatment that creates a local suction on the skin's surface to mobilise blood flow in order to promote healing. This involves the placing of warmed glass cups on the affected area to create a vacuum. The suction and warmth created has a dramatic effect on the immune system of the body by moving blood and lymph and stimulating the muscle and spinal nerves.

Firstly, with gentle massage strokes, I apply massage oil to the area of the body to be treated to help loosen up the tissue and then I position the warmed cups over the area. Then, using particular movements, I move the cups over the area to produce a warm, deeply healing and stimulating massage. Cupping can be used to treat a wide range of physical problems from pain and muscle spasms to cellulite, colds and flu.



5 Acupuncture

Acupuncture | **40mins** | **£42.00**

Acupuncture is a tried and tested system of traditional medicine, which has been used in China and other eastern cultures for thousands of years to restore, promote and maintain good health. Its benefits are now widely acknowledged all over the world, and in the past decade traditional acupuncture has begun to feature more prominently in mainstream healthcare in the UK.

Traditional acupuncture takes a holistic approach to health and regards illness as a sign that the body is out of balance. The exact pattern and degree of imbalance is unique to each individual. The traditional acupuncturist's skill lies in identifying the precise nature of the underlying disharmony and selecting the most effective treatment. The choice of acupuncture points will be specific to each patient's needs.

Traditional acupuncture can also be used as a preventive measure to strengthen the constitution and promote general wellbeing. An increasing weight of evidence from Western scientific research is demonstrating the effectiveness of acupuncture for treating a wide variety of conditions. From a biomedical viewpoint, acupuncture is believed to stimulate the nervous system, influencing the production of the body's communication substances - hormones and neurotransmitters.

The resulting biochemical changes activate the body's self-regulating homeostatic systems, stimulating its natural healing abilities and promoting physical and emotional wellbeing.

Most people find acupuncture relaxing and feel calm after a treatment. You may feel a little tired so should ideally give yourself time to rest. It is also advisable not to drink alcohol for several hours after treatment. Acupuncture has very few side effects and any that do occur are usually mild and self-correcting.





Typical Conditions:

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| Allergic rhinitis | Knee pain |
| Acne | Male infertility |
| Asthma | Menopausal symptoms |
| Anxiety | Migraines |
| Back pain | Nausea and vomiting |
| Bell's palsy | Neck pain |
| Cancer care | Obesity |
| Carpal Tunnel Syndrome | Osteoarthritis |
| Chronic fatigue syndrome | Palliative care |
| Chronic pain | Parkinson's Disease |
| Colds and flu | Polycystic Ovarian Syndrome (PCOS) |
| Cystitis | Post-operative pain |
| Dentistry | Post-Traumatic Stress Disorder |
| Depression | Premenstrual syndrome |
| Eczema and psoriasis | Rheumatoid Arthritis |
| Endometriosis | Sciatica |
| Facial pain | Sinusitis |
| Female fertility | Sports injuries |
| Fibromyalgia | Stress |
| Frozen shoulder | Tennis Elbow |
| Gastrointestinal tract disorders | Thyroid disease |
| Insomnia | Tinnitus |
| Irritable bowel syndrome (IBS) | Urinary incontinence |
| | Vertigo |



6 Massage

Swedish Massage (Classic Massage)

Swedish massage (Classic massage) is the best-known and most popular type of massage therapy that is not only soothing and relaxing but also aids pain relief and stress release. Swedish massage helps promote healing while targeting pain, injuries, stress and stiffness by incorporating gliding, kneading, tapping and friction movements, all of which work to relax tired and aching muscles whilst encouraging the flow of blood and lymph and enhancing skin tone. A Swedish massage will leave you feeling refreshed and rejuvenated.

Full Body Massage incl. Face | 90mins | £52.50

Full Body Massage | 75mins | £47.00

Back, Neck & Shoulder Massage | 30mins | £32.00

30 Minute Massage | 30mins | £32.00

Face & Scalp Massage | 30mins | £19.50

Hand & Arm Massage | 30mins | £17.00

Foot & Leg Massage | 30mins | £17.00

The Stables Ultimate Signature Massage

120mins | £63.00

This soothing, rejuvenating and refreshing all over body treatment incorporates a variety of indulgent aromatherapy oils packed full of powerful therapeutic benefits. Exotic salt scrubs are used to gently exfoliate the body, eliminating dead skin cells. The face, body and scalp are massaged using specialised techniques with carefully applied pressure, finishing off with a 30-minute tailor made express facial. Let your worries melt away as your stresses and strains are relieved with this luxurious tension buster

The Stables 'Knot' Release Massage | 90mins | £52.50

Indulge in this 90 minute treatment of pure bliss and relaxation. "Knot" your normal massage. A full body experience focusing on the back of the body and face, also including a mini scalp and foot massage

7 Holistic Therapies



My choice of holistic therapies aim to treat the individual as a whole, on all levels, treating the body, spirit, and mind.

Holistic therapies will help with restoring relaxation, balance and a sense of well-being and can also help to eliminate tiredness, headaches, insomnia, sinus problems, stress, general aches and pains as well as promoting strength and self-healing.

Indian Head Massage | 45mins | £34.00

The Indian Ayurvedic techniques used in Indian Head Massage ease the tissues in the upper back, shoulders, neck, scalp and face; the areas that are most affected by stress.

This massage will leave you with a strong feeling of relaxation and although the treatment is just on the upper part of the body, it's effects are felt throughout the mind and body.

Hot Stone Therapy

Hot Stone Massage is a deep massage that uses soothing essential oils and warm basalt to relax your muscles...a technique which has proven beneficial in soothing an aching body.

Combining relaxing warmth and refreshing coolness to encourage the body to detox and heal, a hot stone massage will increase lymph flow and help to flush out toxins.

The heat will relax your body in a short space of time, allowing your tissues to be worked on deeply using hot stones and hand strokes.

You will experience a sense of relaxation and calm, allowing you to recharge your energy, completely relax and feel your tension melt away.

Hot Stone Full Body Massage | 75mins | £63.00

Hot Stone Half Body Massage | 45mins | £47.50

Hot Stone Back Massage | 30mins | £37.00

Hopi Ear Candling | 45mins | £27.00

An ancient therapy worldwide, Hopi Ear Candling involves a hollow candle being placed into the ear canal, which when lit creates a chimney effect to draw impurities from the ear.

Hopi Ear Candling, combined with the facial lymphatic massage, will aid in clearing excessive ear wax and help relieve symptoms of colds, tension headaches, sinusitis and hayfever.





8 Treatment Packages

Recovery Retreat | 90mins | £52.50

Foot Ritual. Full body exfoliation, back massage, mini facial with arm and hand massage complete with a pressure point scalp massage.



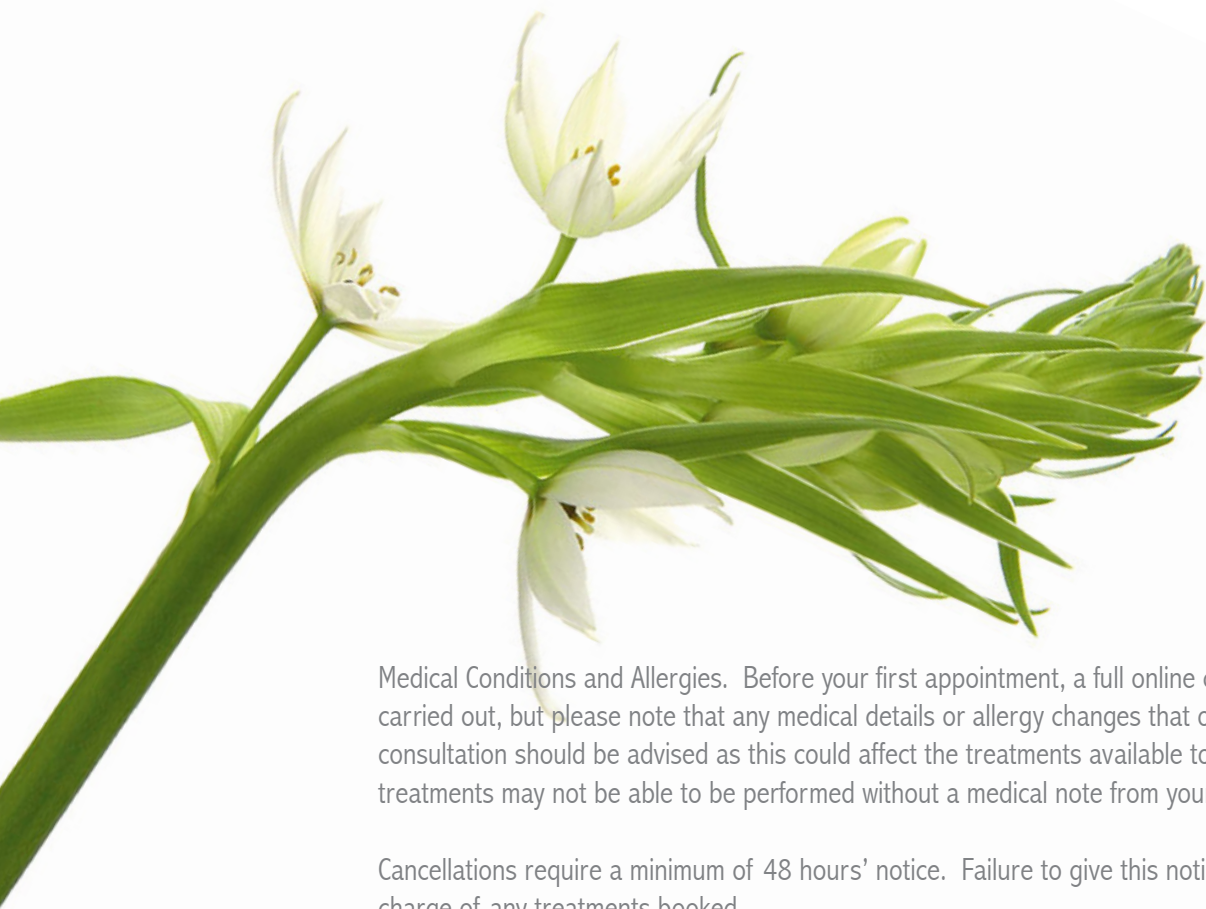
Holistic Escape | 60mins | £47.50

Foot Ritual. Indian Head Massage and Hopi Ear Candling with pressure point facial massage.



De-Stress Me | 75mins | £63+++00

Foot Ritual. Back of body Hot Stones massage including back of legs, mini facial incorporating hot stones throughout. Complete with a pressure point scalp massage.

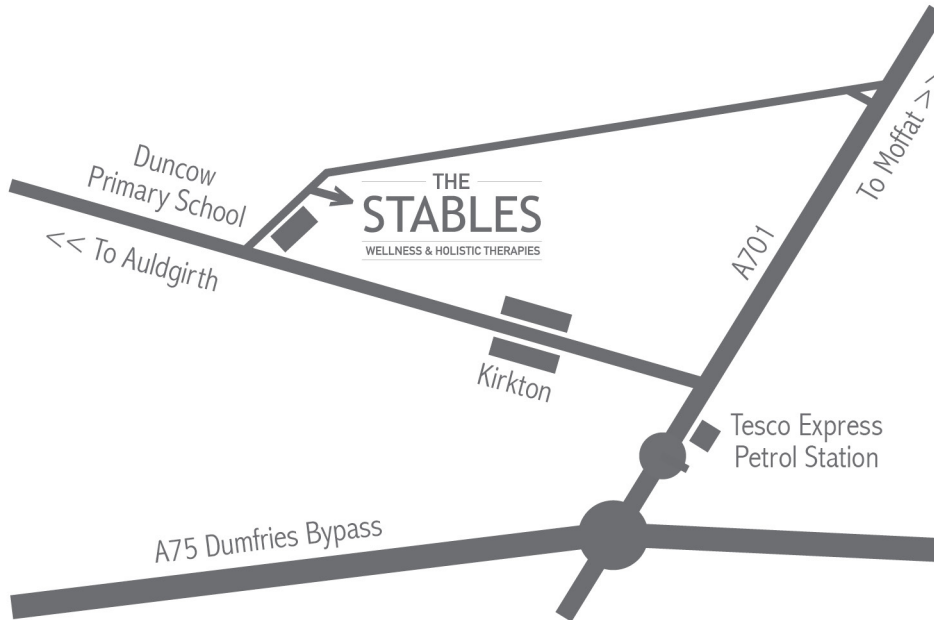


Medical Conditions and Allergies. Before your first appointment, a full online consultation will be carried out, but please note that any medical details or allergy changes that occur following this initial consultation should be advised as this could affect the treatments available to you. Occasionally, certain treatments may not be able to be performed without a medical note from your GP.

Cancellations require a minimum of 48 hours' notice. Failure to give this notice may incur a percentage charge of any treatments booked.

Gift Vouchers are available for The Stables Wellness & Holistic Therapies and can be purchased for monetary value only.

Directions to The Stables Wellness & Holistic Therapies



THE

STABLES

WELLNESS & HOLISTIC THERAPIES

The Stables Wellness & Holistic Therapies | Duncow Estate | Duncow | Dumfries | DG1 1TA

07715 668 630 | sarah@thestableswellness.co.uk

www.thestableswellness.co.uk

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