



Sefton Support Group – Health & Wellbeing Hub

# Relaxing & Rejuvenating Therapies



## Aromatherapy

Engage Your Senses, Revitalise Your Mind

## Aromatherapy Massage

Soothing Massages with Essential Oils

## Auricular Acupuncture

Targeted Relief through Ear Acupuncture

## Crystal/Colour Therapy

Harmonise Your Body with Colours and Crystals

## EFT – Tapping

Emotional Freedom Techniques to Restore Balance

## Facials & Holistic Facials

Nourish Your Skin, Elevate Your Spirit

## Hopi Candles

A Traditional Approach to Ear Cleansing

## Hot Stone Therapy

Deep Heat Relaxation for Muscles and Joints

## Indian Head Massage

Relieve Stress with This Time-Honoured Technique

## Manicures

Beautify and Care for Your Hands

## Metamorphic Technique

Transform Stress into Energy

## Mindfulness

Techniques to Ground and Centre Your Thoughts

## Pedicures

Pampering and Caring for Your Feet

## Reflexology

Pressure Point Massage for Systemic Health

## Reiki

Energy Healing to Foster Physical and Emotional Wellbeing

## Swedish Massage

Classic Techniques for Full Body Relaxation



Therapies Starting at  
Just **£15** Per Treatment

Unlock the Door to Wellness.  
Exceptional Value, Unforgettable Experiences.

**Book Your Therapy Today!**

 **01704 879 352**

 **seftonsupportgroup.org**



## Counselling

### A Safe and Confidential Space

Recognising that each person's experience is unique, our counselling sessions are tailored to meet your individual needs.



At Sefton Support Group, we believe in the transformative power of therapy—not just as a treatment, but as a journey towards rejuvenation and balance.

Visit our website to learn more. Scan the QR code >



SCAN QR CODE

**Sefton Support Group**  
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Our Location  
**1 Duke Street, Formby,  
Liverpool, L37 4AL.**