

THE CHI MACHINE

Keeping fit & Healthy! If you have a condition making it hard to exercise, it can be difficult, but not impossible!... **The Sun Ancon Aerobic Exerciser** - lie down, do nothing, feel fantastic!

Do you suffer from...

- Stress, anxiety, depression
- Tired, sore muscles
- Sports injuries
- Insomnia or restless sleep
- Poor digestion
- Pain, tension and stiffness in back, neck or shoulders
- Fluid retention - lymphoedema/venous oedema
- Lack of exercise
- Poor circulation
- Weight problems
- Constipation
- Low immunity

The **Chi Machine** was invented by Japanese doctor Dr Shizuo Inoue, who, inspired by observing the flowing swimming movement of Koi Carp, noted how remarkably healthy and well toned they were and realised that the steady movement of the spine caused the whole body of the fish to be exercised and oxygenated. Using the Chi Machine to create this motion for 15 minutes is the equivalent of approximately 90 minutes of walking exercise in terms of oxygenation of the blood.

Reported Health Benefits include...

- Aid comfortable digestion
- Improved lymphatic drainage
- Improved blood circulation
- Improved muscle tone in thighs, hips, tummies and buttocks
- Easing of pain/stiffness in spine, neck, shoulders and joints
- Easing of sports and other injuries
- Relief from many stress related conditions such as headaches, migraines, anxiety, depression, constipation, insomnia.
- More energy
- Clearer skin
- Weight reduction

Chi Machine session | Per Session..£10.00

Chi Machine rental | Per Week.....£50.00

ALL MAJOR CREDIT/DEBIT CARDS ACCEPTED

HOT STONE THERAPY

Founded in Arizona, USA...

...by an Arizona based Healer, Hot Stone Therapy is one of the most sought after treatments in the Spa & Beauty Industry today.

Hot Stone Therapy is a complete Mind, Body and Soul treatment:

- **MENTALLY** - the client reaches a state of deep relaxation within minutes.
- **PHYSICALLY** - the circulation and metabolism is stimulated.
- **SPIRITUALLY** - the client is balanced and healing takes place.

The heated volcanic Basalt stones used during treatment, originate from areas of the world that are high in energy concentration and are unpolluted. They are entirely natural, unpolished - as nature made them. These mineral stones are well known for their heat and cold retention properties, making them the perfect choice for Stone Therapy.

Hot Stone Therapy- full body massage...£55.00

Hot Stone Therapy- facial.....£50.00

FOR A BEAUTIFUL BODY

G5 Gyrotory Body Massage

This deep massage machine is recommended in Rosemary Conley's Hip and Thigh Diet for mobilising the fat on those stubborn areas. Improves lymph flow and general circulation.

Half Hour Treatment.....£30.00

One Hour Treatment.....£40.00

Top to Toe Treatment.....£99.00

The HEIGHT of Relaxation Treat your partner to the ULTIMATE Gift! An Aromatherapy Facial, Aromatherapy, Body Massage using individually blended oils, Mini Manicure and Pedicure. Approx. 3 hours.

Depilatory Waxing

Full Leg Wax.....£40.00

both legs, thigh to ankle

Half Leg Wax.....£30.00

both legs, knee to ankle

Bikini Wax or Underarm Wax.....£9.99

Lip and Chin.....£15.00

Eyebrow Wax.....£15.00

(Re-shape - NOT removal)

HAND & FOOT CARE

Millions suffer from painful feet. Our entire well-being depends on our feet. Healthy, active feet are a valuable asset and proper regular footcare is therefore important for our well being and good health.

Luxury Pedicure.....£40.00

Includes Heated Foot Spa, Exfoliation and Aromatherapy Massage

Luxury Manicure.....£40.00

Includes Aromatherapy Hand and Arm Massage

Re-Varnish.....£15.00

Shape and Polish

FACIAL TREATMENTS

Hydradermie Facial.....£49.00

The STAR of Facial Treatments brings your skin alive, speeding up cellular regeneration, giving a younger fresher look to the skin.

Hydradermie Plus.....£59.00

The ULTIMATE Deluxe Facial with additional specific products for the eyes, neck and face. PLUS the luxurious Serenity Massage. This exclusive treatment tones and rehydrates, giving the skin a radiant glow.

Liftosome Facial.....£40.00

For instant lifting & firming Especially developed for the problems associated with mature skin (dryness and lines), results are immediately visible.

Beauté Neuve Facial

Based on Fruit Acids. Provides a double peeling action to freshen dull skin, suits all skin types. Restores radiance and allows the skin to breathe. Single Session.....£40.00 Course of 3 Sessions.....£115.00

MISSED OR CANCELLED APPOINTMENTS

Please consider other clients that are waiting for appointments. It is with regret that we now find it necessary to charge 50% of the full treatment cost for any appointment that is missed or cancelled without 24 hours notice. Please book in advance to avoid disappointment

SUE CALVERT
Health Beauty & Healing
"ENJOY YOUR LIFE"



As featured in The Local and National Press and on BBC Television

Member of international Institute of Reflexology
Diploma of Merit in Advanced Aromatherapy
Champneys Beauty Farm Diploma
Rene Guinot Hydradermie Diploma
Member of the Faculty of Physiatrics
International C.I.D.E.S.C.O. Diploma
Arvigo Practitioner

"If you don't have time to be ill then you must take time to be well."

To book an appointment, contact Sue Calvert on (0114) 236 8559
or email sue@thebabymaker.co.uk

ABOUT



Susan M Calvert
M.I.F.R., M.I.I.R.,
M.A.B.Thc,
C.I.D.E.S.C.O.,
Reiki Master /
Teacher
Arvigo Practitioner

Sue Calvert qualified in Beauty Therapy at the renowned Champneys Henlow Grange Health Farm in 1976. Now a Complementary Therapist, Sue has over 30 years experience in Health and Healing. Sue studied **Reiki Healing** to Masters level in Sarasota, Florida, USA. She is a **Counsellor for the Dr. Edward Bach Foundation** and has studied **Clinical Medicine** in London with Dr Christine Page.

She is a fully qualified Reflexologist and has been featured in **Woman's Own** and **Take A Break** magazines for her growing reputation in helping many couples from around the World to achieve their dream of becoming parents.

Sue has also been featured on National TV and in the National and local Press and National Magazines including **Here's Health**, who commented, "Everyone with Cancer should have Reflexology," and during his visit to the Sheffield Arena, Sue treated **Michael Flatley**, the famous choreographer of **Riverdance** and appeared on the BBC Television Show **Kilroy** and on radio, talking about her Complementary Therapies.

Sue is a Certified Practitioner/Teacher of The Arvigo Techniques of Maya Abdominal Therapy™. This Ancient Mayan therapy helps to realign a tilted womb which can be the cause of up to 36 different gynaecological and digestive conditions.

Sue's website can be found at
www.thebabymaker.co.uk

AROMATHERAPY

Using the power of plants to make your skin glow with health!

Aromatherapy Back Massage£30.00

An excellent way to relax after a busy day.

With Infra-Red Heatlamp.....£35.00

One hour Aromatherapy Massage...£40.00

I personally blend the essential oils for each treatment to suit your individual preference of fragrance, also taking into account your presenting symptoms at the time of your treatment. I can also prepare a blend of oils for home care. Please Ask.

Specialised Aromatherapy Massage...£70.00

One of the most relaxing and effective antidotes to stress, combining specialised deep pressure massage with the therapeutic effect of pure essential oils. A complete head to toe treatment which improves muscle tone, stimulates the elimination of toxins, strengthens the immune system and promotes a healthy equilibrium between body, mind and spirit. Includes Reflexology on the feet.

One hour Aromatherapy Facial.....£40.00

Using personally blended oils to rebalance your skin.



PLEASE NOTE: We have a full range of Health & Beauty products available for sale.

Gift Vouchers Available

Susan M. Calvert M.I.I.R. M.A.B.Thc Arvigo Practitioner

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ALL MAJOR CREDIT/DEBIT CARDS ACCEPTED

COMPLEMENTARY THERAPIES

Indian Head Massage..... £30.00

A profoundly relaxing and de-stressing, deep head, neck and scalp massage

Holistic Hypnotherapy.....£40.00

Not a trance induced state. An excellent treatment to relax and renew your batteries, strengthening emotional balance.

Reflexology

A World renowned treatment giving amazing, often spectacular results where conventional medicine has failed. By putting the body back into balance, the body can begin to start healing again. This treatment works entirely through the reflexes of the feet where all glands and organs of the body are found.

First Hours treatment (w/ consultation)..£50.00

One Hour treatment.....£40.00

Half Hour treatment£30.00

Reiki.....£40.00

(Pronounced Ray-key) An ancient Tibetan form of 'Hands on' Healing at which Sue Calvert is a Master and teacher.

Profoundly relaxing, anyone can learn Reiki. Relax, unwind and experience a deeply unique treatment.

"Treatment comes from outside you, The Healing Power within you is already there. It's yours. Why not find it and use it now?"



Learn to heal yourself and others!

For more information on Reiki Training courses please contact: **Sue Calvert** (Reiki Master/Teacher) on (0114) 236 8559

THE ARVIGO TECHNIQUES OF MAYA ABDOMINAL THERAPY™

This treatment is founded on the ancient Maya technique of external, abdominal massage founded by Dr Rosita Arvigo. Naprapathic physician, herbalist, international lecturer, and author. Also the world famous Maya Healer Don Elijo Panti, from Belize.

This treatment helps to gently re align the tilted womb restoring the general circulation of blood & lymph to the womb and surrounding fertility and digestive organs, helping them to, perform to their best ability. Sue is a certified practitioner and Teacher of these techniques.

This treatment may help up to 36 gynaecological and digestive issues including:

- Chronic Indigestion or heartburn
- Painful periods and ovulation
- Miscarriages, difficult pregnancies
- Headaches and Migraines
- Digestive Disorders
- Irritable Bowel Syndrome
- Displaced or prolapsed uterus and/or bladder
- P . C . O . S.
- Endometriosis
- Uterine Fibroids
- Low Energy
- Crohn's Disease
- Low Back Ache

1st Appointment | 2 hours.....£90.00

Subsequent Appointments | 1 hour...£50.00

BEAUTY TREATMENTS

Eyelash Tinting.....£15.00

Darkens lashes which last for 4 to 6 weeks

Eyebrow Tinting.....£10.50

A good idea for recent change of hair colour

Eyebrow Restyle.....£9.99



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