

# heal at Birch

## REPAIR, RECTIFY, AND REDRESS

Our collection of in-house specialists offer therapies to take you away from external stresses and strains, boost recovery, and help you create lasting health benefits.

Where our existing treatments are ideal for relaxing, heal at Birch offers remedies that enhance wellbeing and strengthen the physical and mental body. From sports massages and stretchologie, to acupuncture and reflexology.

heal at Birch goes beyond reactive management to target proactive nourishment.



## THERAPIES WITH

# Isobel

### WHEN?

Tuesday

### WHAT?

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#### **Sports & Prescriptive Massage**

60 mins - £75

This therapy combines all elements of postural correction, realignment, rehabilitation, and muscle rebalancing. Ideal if you want to relieve muscular tension, mobilise soft tissue, and reduce pain.

#### **Stretchologie**

30 mins - £45

45 mins - £55

This is a therapist-assisted developmental and therapeutic stretch session where you'll realign, rebalance, and release muscle tension. This one's for you if you're looking to improve your range of movement or prevent injury.

### WHO'S ISOBEL?

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Isobel is a highly qualified sport and remedial massage therapist, personal development coach, and compassion-focused therapist. Under the guidance of one of the UK's leading osteopaths, Isobel developed her Stretchologie method - a simple stretch routine designed to improve wellbeing. She has spent the past five years running her own clinic and working with Tottenham Hotspur Women's Football Club.



## THERAPIES WITH

# Claire

### WHEN?

Monday & Wednesday

### WHAT?

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#### Acupuncture

60 mins - £75

Extremely fine needles are placed on specific points of your body - based on your own needs and individual diagnosis - to initiate the healing mechanisms within your body. This therapy is famous for creating true feelings of serenity and calm.

#### Ear Acupuncture

30 mins - £35

Many regard the ear as a microsystem composed of acupuncture points connected to all parts of the body. That's what makes this shorter session so powerful. It's great for relieving pain, calming the mind, and treating chronic illnesses.

#### Facial Acupuncture

90 mins - £100

Referred to as the 'natural alternative to Botox', facial acupuncture increases the flow of blood to your face. This works to improve vitality, move collagen to areas with wrinkles, and contract your muscles to tone the face where elasticity has been lost through ageing. Using Earth Remedies skincare products, this therapy includes relaxing gua sha and massage techniques.

#### Facial Rejuvenation

90 mins - £100

Facial rejuvenation is a luxurious ninety minute treatment, which includes constitutional and facial acupuncture, a 25 minute acupressure allowing the needles to work their magic, followed by a divine facial massage. All completely natural and gentle. It improves elasticity by encouraging fresh oxygenated blood and collagen to your face, leaving your skin looking refreshed and brighter.

**Note:** Claire uses a number of techniques within her acupuncture treatments. These include **moxibustion** (which improves circulation to relieve pain, increases energy, and boosts the immune system), **electro-acupuncture** (ideal for chronic or acute musculoskeletal pain), **acupressure** (a more gentle hands-on version of acupuncture), **naturopathy** (which focuses on preventive health and the use of non-toxic, natural therapies), **gua sha** (to improve local circulation and treat respiratory conditions), and **cupping** (the gentle pulling of muscles and fascia upwards to draw out toxins and relieve muscle tension).

### WHO'S CLAIRE?

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Claire is a qualified and experienced acupuncturist and naturopath, and a registered member of the British Acupuncture Council (BAcC) and the Association of Naturopathic Practitioners (ANP). Her therapies recognise that everyone is unique, and address the physical, emotional, and spiritual to help people regain control over their health. Claire has run Hackney Holistic, a leading practice in East London, since 2018.

THERAPIES WITH

# Molly

## WHEN?

Monday & Wednesday

## WHAT?

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### Thai Massage

**Full-body:** 60 mins - £70

90 mins - £100

**Hand & Foot:** 30 mins - £40

**Head, Neck & Shoulder:** 30 mins - £40

Thai massage is an ancient healing system that uses a combination of bodyweight yoga stretches, compression, acupressure, and massage along the 'Sen' energy lines. This therapy will relieve tension and remove blockages to help detoxify and energise your body's systems.

## WHO'S MOLLY?

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Molly is a compassionate and experienced holistic therapist. Having studied and trained in traditional Thai massage under the guidance of Kira Balaskas, Molly continues her education in the ancient healing arts through her exploration of yoga, meditation and sound healing. Molly's Thai style is deeply grounding, relieving, and nourishing. It's suitable for all bodies (except those pregnant within the first trimester).



## THERAPIES WITH

# Kate

**WHEN?**

Monday

**WHAT?**

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**Reflexology**

45 mins - £50

This blissfully relaxing treatment of the feet induces deep relaxation, improves circulation, and restores homeostasis. This therapy is individually tailored to your needs, and designed to relax, restore, and rebalance.

**Aromareflex**

60 mins - £65

Aromareflex combines the power of essential oils with a foot reflexology treatment. A tailored blend of oils is used to specifically meet your needs and add an extra element of relaxation. This therapy includes an aftercare blend which you can take home and continue to reap the benefits from.

**Fertility Reflexology**

Initial session - £95

Follow ups - £65

Reproductive reflexology can be used to enhance your natural fertility or support you through all forms of assisted conception. It uses structured and prescriptive treatment protocols to regulate the body, reduce stress, and help support a regular cycle.

**WHO'S KATE?**

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Kate is a reflexologist, fertility coach, and diagnostic radiographer. Her treatments work to increase your sense of calm, relaxation, and wellbeing - all with the aim of easing tension and restoring homeostasis (the body's natural balance). After working in health care for over 15 years, Kate's wealth of knowledge will support you both physically and emotionally.

