



African Caribbean Care Group

Days: Tuesday, Wednesday and Friday **Time:** 10am to 4:30pm
Place: Claremont Resource Centre, Hulme, Manchester, M15 5FS

HOLISTIC THERAPY

A healing therapy that considers the whole person's body, mind, spirit and emotions in the quest for optimal health and wellbeing.

THERAPIES AVAILABLE

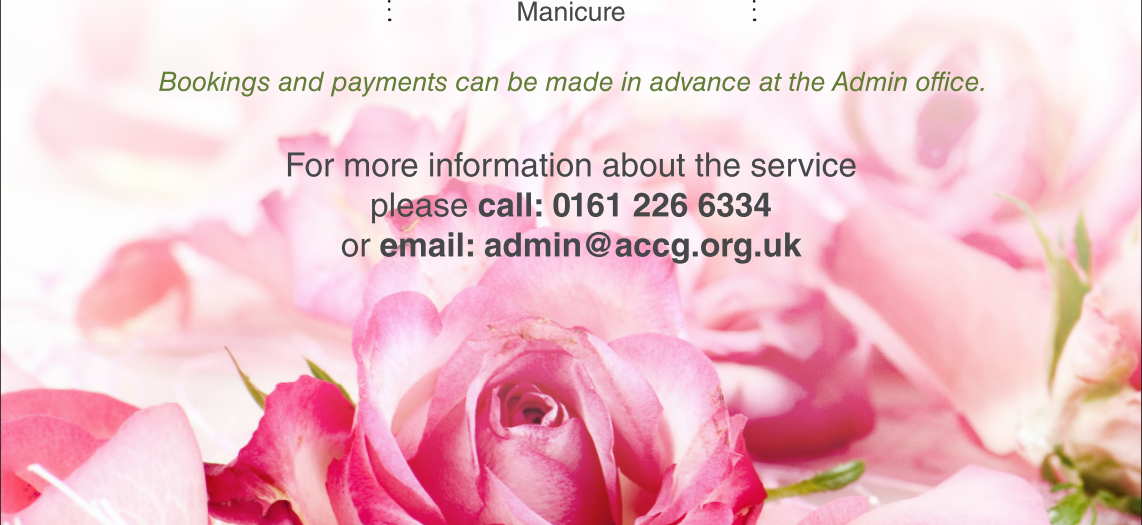
- Full Body Massage
- Reflexology
- Indian head massage
- Fully clothed seated massage
- Hand and arm massage
- Pedicure
- Manicure

BENEFITS OF THERAPY

- Relaxation
- Reduced Stress
- Improved Circulation
- Health and Wellbeing
- Improved muscle tone

Bookings and payments can be made in advance at the Admin office.

For more information about the service
please **call: 0161 226 6334**
or **email: admin@accg.org.uk**



Holistic Therapies Price List

Full Body Massage	60 Mins	£15.00
Back & Shoulder Massage	40 Mins	£10.00
Seated Massage (fully clothed)	15 Mins	£6.00
Indian Head Massage	40 Mins	£10.00
Hand & Arm Massage	20 Mins	£6.00
Neck & Shoulder Massage	20 Mins	£6.00
Reflexology	30 Mins	£10.00
Pedicure	30 Mins	£10.00
Hairdressing		POA

Manicures

File & Polish		£6.00
File & Shape		£3.00
Male Grooming		£7.00