

## Vicky Easterby

### Complementary Therapist

**BSc., Cert Ed., HND, IFR, ISPA, IHHHT, VTCT**

#### About the Therapist...

Vicky specializes in complementary therapies and Décleor aromatherapy facials to improve the overall well being of mind and body through natural means. These holistic treatments allow the therapist to look at the person as a whole and each treatment is tailor made to meet the client's individual needs following a personal consultation with Vicky.

She began her training at Bradford University in 1999 and qualified as a Sports Injury Massage Therapist while working with Leeds Rhinos and Bradford Bulls Rugby teams. Since then she has treated a variety of sports people including international cricketers, rugby players and jockeys and has enhanced her skills through her experience in a wide range of therapies.

In 2000 she completed an HND in Advanced Therapies and Management gaining in depth knowledge of Anatomy, Physiology and Chemistry and also completed her 2 years training as a Clinical Aromatherapist and Clinical Reflexologist with the national governing bodies (ISPA and IFR).

In the same year she opened Time Out Health Studio and for several years was the in-house therapist at the renowned Feversham Arms Hotel in Helmsley.

Vicky graduated from university in 2001 and later gained her teaching qualifications at Yorkshire Coast College where she was a lecturer for three years and Head of Department.

In 2003 she added human NST to her list of skills and as an Advanced Practitioner she studied equine NST in Geneva and is now one of only four practitioners in this country qualified to treat horses.

**We require at least 24hrs notice of cancellation or you will be charged the full price of the treatment.**

TIME =  U<sup>-</sup>

**Contact Vicky on:**

**Mob: 0797 110 6173**

**[www.laskillcountryhouse.co.uk/](http://www.laskillcountryhouse.co.uk/)**

**email: [enquiries@laskillcountryhouse.co.uk](mailto:enquiries@laskillcountryhouse.co.uk)**

### Sports Injury Massage

30 mins £35 | 1hr £60

This type of massage can be used for general relaxation of the musculoskeletal system as well as being directed into local problem areas e.g. reoccurring injuries, pain, immobility/stiffness within soft tissue, muscles & joints - thereby improving recovery and ensuring re-injury does not occur. Massage is also a great way of removing everyday aches and pains. There are three main areas to this treatment:- diagnosis, treatment & rehabilitation. Rehabilitation is excellent for increasing strength, movement and flexibility. A range of advanced techniques are used.

### Decléor Aromaplastie Facial

1hr £45

Each treatment is holistic and starts with a mini detoxifying back massage before the facial starts. This multi-active treatment is tailored to every skin type to correct imbalances, stimulate, decongest and moisturise your skin, by the use of a dual action warm mask. Decléor's deep facial pressure point massage is followed by a lymphatic facial massage before the masks are applied. While the mask is on Decléor's signature hand to elbow massage is performed. Rediscover a revitalised you. Your major needs are met to perfection and your skin feels soft, smooth & refreshed.

### Decléors Solar Bronzing Treatment

£40

After all the time you spend looking after yourself don't forget to look after the rest of your body with a harmless sunless tan which will make you look great!

You are exfoliated from top to toe, moisturized, then Decléors self tanning lotion is gently rubbed in. Ideal for all occasions, any time of the year as its unique blend allows a SAFE natural tan by working with your skins natural melanin & pigment and is a far healthier option than a sunbed.

**Fact** - a unique blend of Rose, Roman Chamomile & Geranium is in all the sun products and strengthens the cells natural defense system, even damaged cells! THE LUFFA OIL is the active bronze!

### Decléor Body Polish

add £20

#### After all treatments

Before & after any treatment it is important to drink plenty of water to help the body flush out toxins released by the treatment.



TIME =  OUT

La Stone Therapy

Aromatherapy Massage

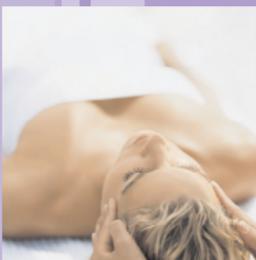
Reflexology

Decléor Aromaplastie Facial

Sports Injury Massage



*Everyone deserves  
a little **Time Out***



# time to relax...

*Everyone deserves a little Time*

La Stone Therapy, Aromatherapy Massage, Reflexology Decléor Aromapl

La Stone Therapy Relaxing / Re-energising	30 mins		£35
	60 mins		£55
	75 mins		£70

La Stone therapy combines water heated balsamic lava stones with traditional massage techniques. The stones are alternately placed on key points on the body to give a deep massage, create sensations of comfort, warmth and deep relaxation. This is the most effective, state of the art massage technique in the field to date. To enrich your treatment from top to toe it is combined with a unique blend of aromatherapy oils. This is the ultimate treat!

**Aromatherapy Massage** 30 mins £30 | 1hr £45

This ancient treatment dating back to the Egyptians has been used for thousands of years. It combines the unique blend of aromatherapy oil, (pure essences of plants, herbs, flowers, trees and seeds), with a gentle touch massage. Lymphatic drainage is used to encourage the elimination of toxins to restore even the most tired bodies, by de-stressing, unwinding, rebalancing and energizing to revitalise your body. The oils have a powerful therapeutic effect on both mind and body.

**Fact** - There are at least three thousand different essential oils.

## Massage and Essential Oils

The essential oils are diluted into carrier oil. Research has shown this allows the oils to enter the blood stream and start the work on the body.

Every oil has many properties so each is carefully chosen by the therapist for the client's specific needs as these oils are very effective in helping a variety of conditions and promoting well being

- Relieve headaches
- Increase the immune system
- Reduce recovery time
- Improve circulation
- Flush out toxins
- Release tightness, trapped nerves & tingling
- Improve lymph flow
- Releases natural endorphins (pain relievers)
- Muscle tension

When applicable the therapist will give specific advice at the end of the treatment as to your choice of oils and possible methods of home use including bathing, oil burners, and steam inhalation



### Reflexology

£45

A method that uses reflex points on the feet and occasionally on the hands by using a variety of specific pressure points. The treatment starts with a mini warm up foot massage and ends in the same manner. The feet are like a map of your whole body and by releasing tension improve circulation to bring about the body's own natural balance. Research shows that when a specific point, (a reflex point), is stimulated, an impulse is transmitted through the nerve fibres and energy pathways. This impulse creates a reaction to stimulate or relax the appropriate parts of the body.

#### Reflexology can...

- Relieve tension & stress
- Relax mind & body
- Remove toxins & waste products
- Normalise gland & organ function
- Increase energy by clearing congestion from energy pathways
- Improve circulation & immune system

This is an increasingly popular treatment as it helps to control and relieve symptoms of common conditions and ailments.

### Neurostructural Integration Technique (NST)

£45

NST (Advanced Bowen) is a systematically applied neuromuscular stimulation designed to create spinal integration, a rapid reduction in pain, and a robust physiology. The technique was developed from the work of Tom Bowen and is effective for a range of conditions including

- Stress & emotional problems
- Spinal and cranial conditions
- Neck problems including whiplash
- Menstrual and hormonal problems
- Accidents and injuries
- Realignment
- Sciatica
- Infant colic





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## Hopi Ear Candling

£45

This relaxing treatment is suitable for all ages from infants to the elderly. It is very effective for sinus problems and for the hard of hearing or those suffering from tinnitus, vertigo or blocked ears and can be used as an alternative to syringing or grommets

## Why not treat yourself to one of our bespoke pamper packages?

Allow yourself to relax in the jacuzzi, and then destress and recharge your batteries with a treatment of your choice.

## Let us provide a special treat

On your wedding day we can provide makeup for the bride and attendants as part of an individual package.

Our highly qualified therapists are here to deliver a unique experience for a memorable stay.

Free consultation before all treatments

Formulated with the finest quality Plant Extracts and Essential Oils and the scientific mastery for which Décleor is renowned. Your skin appears instantly firmer, smoother, more radiant and is completely protected.

**DECLÉOR**  
PARIS

