

RELAX RENEW REVIVE



Natural
LIGHT
Relax, Renew, Revive

www.natural-light-surrey.com

FOR Life,
ENERGY,
Mind,
Body
AND
Soul...



Take the time to relax and place yourself in the hands of a skilled complimentary therapist... choose from a selection of holistic healthcare treatments designed to reduce stress and improve your psychological and physical wellbeing.

Allow us to provide a gentle, invigorating and effective remedy for the effects of everyday life.

Natural-Light is a member of the British Complementary Medicine Association practitioner registration P05843

FHT registration 201910



The health benefits of massage are widely acknowledged, with improvements in stress levels and anxiety seen in clients who book regular appointments... Holistic treatments have also been shown to help combat stress-induced insomnia, and depression.

As well as the improvements in psychological wellbeing offered by complimentary massage, there are many other benefits associated with treatment including the effective reduction of pain associated with office work, sports injury, prolonged periods of driving, repetitive strain or over-exercise.

Massage will boost the immune system, soothe chronic disorders and help to provide effective relief for conditions where discomfort or pain may have become accepted as a part of life.

Our Treatments

Chosen to match your precise mood and requirements, each Natural-Light treatment is a unique experience and our trained practitioners are always happy to discuss our full range of therapies, including...

- Men Total De-Stress Massage
- Ladies Total De-Stress Massage
- Ayurvedic Treatments
- Yin Yang Reflexology
- Chakra Basti
- Aromatherapy Massage
- Oncology Massage
- Advanced Age Massage
- Holistic Massage
- Vunkuwa Massage
- Thai Hot Herbal Compress Massage
- Karma Full Body Holistic Massage
- Karma & Marma Point Warm Oil Head Massage
- Reiki Healing
- Kundalini Healing
- Crystal Healing
- Remedial Sports Massage
- Fire Cupping
- Holistic Face Massage With Marma Point Therapy

Please see our website for full details of treatments and descriptions.

Natural-Light has created a place to nurture your mind and body, a warm and welcoming environment for you to enjoy the complete benefits of holistic therapy.

The fragrance of home made blended oils, herbs and spices fill the air communicating to your body and mind to completely relax.

To book an appointment or discuss how a Natural-Light treatment may help you or a loved one please call 07581 498740 or email us via natural-light@outlook.com



Find us at:

The HA SPA @ The Harbour Hotel

3 Alexandra Terrace, High St, Guildford GU1 3DA

54 Quarry Street, GU1 3UA

44 London Road, Guildford GU1 2AF

Bookings should be made via email to natural-light@outlook.com

Telephone 07581 498740

RELAX AND RENEW

YOU'RE IN SAFE HANDS