

### Hopi Earcandle Therapy:

Earcandles have a purely physical function. A light suction action (chimney effect) and the movement of the flame create a vibration of the air in the Earcandle, generating a massage-like effect on the eardrum. This induces a pleasant feeling of warmth and a balance of pressure in the ear, forehead and sinuses. It is soothing and helpful for earache and headache, ear noise stress and nervousness. Treatments may also spontaneously ease nasal breathing and an improved sense of smell, even when the nose was blocked before the treatment.

45mins £28.00

### Body Gold

A lymphatic massage machine that works on circulating pressurised air to give a deep massage. Helps reduce lactic acid, water retention and improves circulation. This treatment can also help with shin splints, varicose veins and speed recovery from leg and arm injuries.

30mins Lower body or arm extensions £15.00  
(book 10 and save £15.00)

### Infant Massage Classes:

The benefits of infant massage have been enjoyed in many cultures for centuries. Now you can learn these valuable techniques by attending an Infant Massage Workshop. Learning to massage your child couldn't be made easier. With a certified instructor by your side you will be guided through each stroke carefully until you are confident. For pricing and courses contact Vital Energy.

### Your next appointment

Treatment: \_\_\_\_\_

Therapist: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

### Absolute Aroma:

Vital energy offers a wide range of aromatherapy, massage, bathing and diffusion products from Absolute Aromas made from only the most natural ingredients; and are 100% pure!

### Melt Candles:

Fabulous fragrances that that have been carefully selected having three very important criteria, candles look great, burn slowly, cleanly and use as much wax as possible; and that they smell even better when lit. Once tried never forgotten!

"Why curse the darkness when you can light a candle."

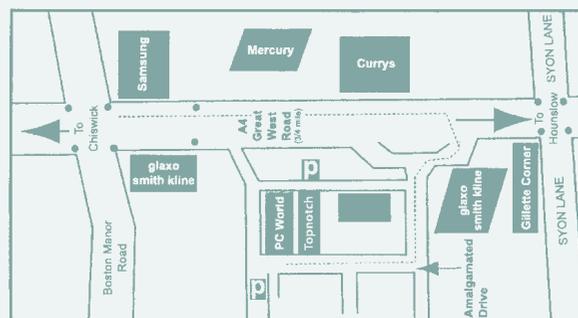
### Gift Vouchers:

Vital Energy gift vouchers are available. Whatever the occasion, why not give someone a special treat that they will remember! Please ask for further details.

### Cancellation policy:

**Please note that 24 hours notice is required for cancellation otherwise the treatment booked will be charged for in full. It is your responsibility to notify us in advance if you are unable to attend.**

For more information on the range of treatments or if you would like to make a booking, please contact Topnotch reception. Our therapists specialise in various treatment, please ensure that your chosen treatment is available at the time that you would like to book for.



### PAYMENT BY CASH OR CHEQUE ONLY

Topnotch Health Club, 1 & 2 West Cross Centre,  
Windsor Close, Great West Road,  
Brentford, Middlesex, TW8 9DZ  
Reception: +44 (0)20 8569 8225  
Therapy Co-ordinator – Tripta Juj  
Mobile: +44 (0)7956 464 033  
Email: vitalenergy@live.co.uk

### Opening Times:

Monday to Friday: 10.00am to 9.00pm  
Saturday & Sunday: 10.00am to 6.00pm



*Therapeutic Massage*



*Indian Head Massage*



*Sports Massage*



*Aromatherapy*

*Kinesiology*

*Shiatsu*

*Reflexology*

*Body Gold*

*Detox Body Scrub*

*Onsite Chair Massage*

*Infant Massage Classes*

*Hopi Earcandle Therapy*

*Harley Stone Massage*

*"Energise your body, balance your mind and free your spirit with Vital Energy"*

## Holistic Treatments:

### Therapeutic Massage

A moderate tissue massage working on the muscular system, which is ideal for those looking for a relaxing, stress reducing and well-being treatment. This treatment also helps improve circulation, mobilize restricted joints and postural imbalances.

**Full Body – 1hr** £40.00 (book 6 and save £15.00)  
**Back, Neck & Shoulders – 30mins** £25.00 (book 6 and save £10.00)

### Aromatherapy

A massage using 100% pure Absolute Aroma essential oils. A blend is created to suit your individual needs and ailments. Treatments work on specific relaxing movements concentrating on the lymphatic system, which ensures that the oils penetrate the skin and are absorbed into the body's system.

**Full Body – 1hr** £45.00 (book 6 and save £15.00)  
**Back, Neck & Shoulders – 30mins** £28.00 (book 6 and save £10.00)

### Sports Massage

Helps improve health, fitness and sports performance. This treatment will reduce exercise related muscles tension, soreness and the prevention of scar tissue from forming. Sports Massage is not just for athletes! Most people can find benefit in this treatment and even non-exercisers will experience improvements in vitality and well-being.

**Full Body – 1hr** £45.00 (book 6 and save £15.00)  
**Back, Neck & Shoulders – 30mins** £28.00 (book 6 and save £10.00)

### Reflexology

Reflexology effects the twelve energy zones in the body, working on reflex points on the feet, activating specific channels to stimulate energy flow in the body. Reflexology brings a balance to the body's organs helping them to work together in harmony and has also been known to help with numerous conditions, some of which include IBS, insomnia, digestive complaints, migraine etc...

**1hr** £40.00 (book 6 and save £15.00)  
**30mins** £25.00 (book 6 and save £10.00)

### Shiatsu

A traditional massage originating from the Far East which helps the individual with their healing process creating a balance in the body's Vital Energy. Shiatsu addresses the underlying cause of a condition, works with the body's meridian lines; and uses traditional Chinese medicine to diagnose the cause of the symptom. The treatment creates a feeling of well-being and vitality.

**Full Body – 1hr** £40.00 (book 6 and save £15.00)  
**Back, Neck & Shoulders – 30mins** £25.00 (book 6 and save £10.00)

### Indian Head Massage

An ancient Indian art that involves the use of unique oils that condition your hair and scalp, working in a firm but gentle rhythm to help relieve knots, release blockages and the uncomfortable build up of tension in the head, neck and shoulders. The effects are not only physical but also work on an emotional level calming your spirit, aiding relaxation and help to lower stress levels.

**1hr** £35.00 (book 6 and save £15.00)  
**30mins** £25.00 (book 6 and save £10.00)

### Onsite Chair Massage:

Japanese Acupressure Chair Massage is a focus on 60 stress release points found in the back, neck, shoulders, arms and hands. An excellent way to bring postural awareness and stress management into the work place. Treatments are conducted on a specially designed chair at the workplace, exhibition stand or event. Treatments are performed through the clothes to allow for minimum disruption to the working environment.

Group bookings only

## Ultimate De-Stress Packages:

### Harley Stone Massage

Your treatment begins with a full body exfoliation followed by a thermodynamic massage using a blend of essential oils together with selected hand carved ancient basalt stones. The application of controlled heat from the stone increases circulation and generates activity in the body at various levels. This deep body, face and scalp treatment will give truly embraced healing and is an unforgettable treatment.

**1hr 30mins** £65.00 (book 6 and save £20.00)

### Aromatherapy & Reflexology

A massage using 100% pure Absolute Aroma essential oils. We create a blend to suit your individual needs and ailments. This treatment is then combined with the benefits of reflexology, which works on the twelve energy zones in the body. This pressure point massage works on reflex points on the feet, activating specific channels that stimulate the energy flow in the body.

**Full body – 1hr 30mins** £55.00 (book 6 and save £15.00)

### Aromatherapy & Indian Head Massage

A massage using 100% pure Absolute Aroma essential oils. We create a blend to suit your individual needs and ailments. This treatment is then combined with an Indian head massage that involves working in a firm but gentle rhythm to help relieve knots, release blockages and the uncomfortable build up of tension in the head, neck and shoulders.

**Full body – 1 hr 30mins** £55.00 (book 6 and save £15.00)

## Body Treatments:

### Absolute Aroma Detox Body Scrub

A fantastic way to pamper yourself with a wonderful detoxifying skin and body treatment! Your treatment starts with a full body scrub using natural Himalayan salts and a blend of Pure Essential Oils. After showering with a gentle cleanser to remove the salt and toxins from the skin, you can then relax with a lymphatic massage using specially selected Absolute Aroma Hot Oils that include extracts of ylang ylang, jojoba, jasmine and rose. This treatment will leave your skin feeling smooth and soft with a radiant glow.

**1hr 30mins** £65.00 (book 6 and save £15.00)

### Back Condition Treatment

A signature treatment to help improve skin condition by cleansing pores, evening out skin tone; treating spots, blemishes and dry rough skin making your skin feel moisturised and softened. The treatment begins with a body polish containing a host of indulging ingredients such as macadamia nut, coffee arabica, jojoba oil and vanilla bean. This is massaged into the skin to slough away dead skin cells, revealing fresh luminous skin and is excellent for circulation. Then a body detox mask is applied which absorbs excess oils. This is also a natural anti-inflammatory with extracts of horse chestnut, bergamot and orange. To finish with a conditioning body balms leaving you're back ready for anything. A great treatment to have before a holiday!

**1hr with essential oil back massage** £40.00  
**30mins back conditioning and mask** £25.00

## Kinesiology:

Kinesiology comes from the Greek word "kinesis" which means motion. In medical sciences it is the name given to the study of muscles and the movement of the body. Kinesiology is a system of natural health care that combines manual muscle testing with the principles of Traditional Chinese Medicine (TCM), energy balancing and other healing modalities. It is truly holistic, working with the inter-relationship between body structure, chemistry, the mind, your emotional state and energy systems. Kinesiology assessment uses muscle testing to let the body reveal the precise location and/or nature of the imbalances; and dictate its preference for treatment. The Kinesiologist uses a range of gentle yet powerful corrections and treatments, specific to kinesiology touch for health, which brings about instant change and balance. Because Kinesiology does not focus on specific symptoms, but tests for and corrects imbalances throughout the whole body/mind system, the list of health problems which it can help or alleviate is endless. Kinesiology corrections encourage the body/mind to heal itself.

**Initial Consultation – 1hr 15mins** £40.00  
**1hr** £35.00