

EVE TAYLOR FACIALS



30 min Essential Skin Boost	£30
Soothing	£42
Ultra Soothing	£42
Cleanse, Clear & Purify	£42
Balancing	£42
Age Resist Brightening with LED	£45
Micro Therapy Steam Cleansing	£45
Add on LED Mask	£5
Add on Steam	£5

HOLISTIC KIDS

Back, Neck & Shoulder Massage	£25
Face, Head & Scalp Massage	£25
Full Body Massage	£45
Eve Taylor Targeted Facial	£25
Back Massage with Facial	£50
Reflexology	£25
Access Bars	£25
Reiki	£25
Hopi Ear Candles	£25

TREATMENT PACKAGES

Less Stress More Sleep

1.5hr £72 / 2hr £89

Melt that tension with a Hot Stone Back, Neck & Shoulder Massage, my Signature Head, Face & Scalp Massage, Eve Taylor Holistic Facial and Foot Reflexology

Unwind Your Mind - 1.5hr £72

Upper Back, Neck & Shoulder Massage, my Signature Face, Head & Scalp Massage, Access Bars Energy Balancing Therapy. Finished with an Eve Taylor Cleanse, Tone & Moisturise

Holistic Healing - 1.5hr £72

Heated Foot Cleanse, Upper Body Brush, Back, Neck & Shoulder Tension Massage, Hand, Arm & Decolletage Massage, Eve Taylor Holistic Facial with My Signature Face, Head & Scalp Massage

Holistic Soul Revival - 3hr £130

Circulation Boosting Dry Body Brush, Fusion Full Body Massage with Aromatherapy, Stress Busting Eve Taylor Holistic Facial, My Signature Face, Head & Scalp Massage, Heated Foot Cleanse with Foot Reflexology

JAPANESE HEAD SPA - 1hr £59

When Massage, holistic wellness and sensory experience collides. A treatment that goes far beyond a standard hair wash or scalp massage. It's an immersive, multi-step ritual designed to deeply cleanse, rejuvenate, and nourish your scalp and hair, while offering profound mental and physical relaxation.

Various Add On's Available to make a luxurious Package. See website for details.



Welcome to Holistic Health NI, formerly Inner Beauty Holistics. A haven for relaxation on the outskirts of Carrickfergus. Immerse yourself in the therapeutic touch of holistic healing, a journey to rejuvenate your mind, body and soul. I don't just offer a service, every therapy you choose is tailored to your needs, every touch will resonate and bring with it tranquillity. Stress will dissolve and each session will be a step toward holistic well being



8C Kilroot Business Park,
Carrickfergus, BT38 7PR



Holistic Health NI



holistichealthni



07465 946318

katrina@holistichealthni.co.uk
www.holistichealthni.co.uk

HOLISTIC TOUCH MASSAGE

A holistic approach to massage, tailoring each session to promote relaxation and improve overall health and well being, releasing muscle tension, eliminating toxins, boosting the immune system, promoting sleep and improving circulation, flexibility and energy flow.

Back, Neck & Shoulder 25mins £30 / 40mins £40
Half Body Upper 40mins £45
Indian Head 40mins £40
Face & Scalp Rejuvenation 40mins £40
Stand Strong Foot & Leg 25mins £30 / 55mins £50
Full Body 55mins £50 / 70mins £65 / 85mins £75
Thai Foot & Leg 55mins £42

Back Scrub and Cleanse with Back, Neck & Shoulder Massage 45mins £45

Pregnancy
Half Body Upper 40mins £50
Half Body Lower 30mins £40
Head, Shoulder & Scalp Rejuvenation 40mins £50
Full Body 55mins £60

Add on Hot Stones £5
Add on Aromatherapy Oils £5
Add on Cupping Therapy £12

MLD Lymphatic Massage
A soothing non invasive touch, light and focused on the superficial layers of skin where the lymph vessels are located, rather than the muscles. MLD is a specialised, gentle, and rhythmic massage that helps your body's natural detoxification process by stimulating the lymphatic system

Lower Body 30mins £40
Upper Body 40mins £50
Full Body 55mins £65

COMING SOON

Brazilian Lymphatic Drainage Massage
Specialist Lymphatic Scar & Post Surgery Massage
Lymphatic Facial

REFLEXOLOGY

Reflexology promotes deep relaxation and whole-body balance. Through precise touch on reflex points, it eases tension, clears stagnant energy, aids detox, boosts vitality, supports nerve function, enhances circulation and encourages healing creating a soothing sense of physical and emotional comfort.

Standard	£40
Luxe wth Leg Massage	£50
RLD Lymphatic Drainage	£45
Cancer & Palliative Care	£50
Pregnancy & Post Natal	£45
Fertility Cycle	£45

PELVIC HEALTH

Discover a breakthrough approach to pelvic health using HI-EMT technology, delivering up to 12,500 pelvic floor contractions per session. This non invasive treatment strengthens muscles, supports tissue tightening and enhances circulation. Helps with bladder control, incontinence support, post partum recovery, menopause care, pelvic or back pain relief, improved sexual function, organ prolapse, prostate issues and pain management. Suitable for both men and women

BOOK YOUR FREE CONSULTATION

HOLISTIC THERAPIES

Access Bars £45

A gentle touch energy balancing therapy, working the bars of energy that run in and around the head, lifting a weight you didn't realise you were carrying. Like a computer de-frag, giving you a lighter, relaxed feeling. An incredibly relaxing and nurturing treatment that breaks patterns and brings physical & emotional ease. Includes facial rejuvenation massage taster.

Reiki & Seichem Healing £45

A profound and powerful energy healing which helps restore and balance energy flow bringing harmony to the mind and body on all levels. Combining Reiki and Seichem energies gives a better holistic scope, working on Anxiety, Stress, Pain, Relaxation, Improved Intuition and Spiritual Growth as well as releasing karmic cords and trauma aiding reactivation of healthy energy and cell communication.

Hopi Ear Candling £45

The rising air feels like a gentle massage, it helps regulate ear pressure, improving symptoms of Tinnitus, Sinusitis, Glue Ear, Hay Fever, Rhinitis, Excessive Ear Wax, Colds, Allergies and Tension Headaches. Finished with a soothing Aromatherapy face and scalp massage, cleanse, tone & moisturise.

Cranial Accupressure Coming Soon

Check out my socials for my current seasonal package offers