



Hummingbird

A HUMMINGBIRD CHRISTMAS

treating loved
ones, making
memories and
self-care at its
best!

Christmas 2024



Gift Guide

Skincare and
packages from
our apothecary
spa and kitchen





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Seasonal aromatherapy workshops



from our popular kitchen apothecary
we have seasonal workshops under
the care of our clinical aromatherapist
Jane. all materials are provided and
the best bit you get to take home
what you make!

Prices start at £15 per person

Gift vouchers available

www.hummingbirdholistics.co.uk

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Organic signature ranges from Proverb and Pinks Boutique

Proverb is the natural facelift, say goodbye to the chemical botox and hello to the ultimate cardio workout with cryo dumbbells and Gua Sha leaving the face feeling youthful and lifted. try the Pinks Rose eye revive to sparkle and shine this Christmas

Starting from £45

Gift vouchers available

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Our massages include aromatherapy, Indian head, hot stone, Swedish and crystal massage. What will you choose?

Each massage is a delight of the senses and we have a total of 5 body systems to choose from.

Under the care of our clinical aromatherapist you will be guided to the most soul soothing or invigorating to suit you on the day

Galvanize Invigorating £50
Stretch and align £50
Signature body treatment £90

Prices start from £35
gift vouchers available
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Relaxing Reflexology



Reflexology is a non-invasive therapy that is effective in promoting wellbeing. Its a touch therapy based on the theory that different points on the feet correspond with different areas of the body. It is said the rebalance the whole person and restore balance naturally.

Prices start from £35

gift vouchers available

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A Hummingbird Christmas is full of botanical and organic delights galore. With essential oils, herbs and the most delightful of treatments. We have put months of love into our apothecary kitchen with carefully chosen body ranges. We have treatments suitable for all the family from conception and beyond.

Contact

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