Therapies are available to all Keele University members of staff on Tuesdays and Thursdays (including vacations) in the Staff Support Service, Room DH0.17, Dorothy Hodgkin Building on Keele Main Campus.

**Indian Head Massage**

This is a massage of the upper back, shoulders, neck, and head. Incorporated within this treatment are pressure points on the back, head and face that facilitate the elimination of toxins. The benefits of this treatment can help various problems from physical to emotional. A full treatment lasts forty-five minutes.

**Reflexology**

This is a massage of the feet whilst applying specific pressures to specific areas of the feet; these pressure points correspond to the bodily systems. This specific treatment can bring an awareness of how the body is feeling whilst enabling the body to heal itself. A full treatment lasts for about 1 hour.

**Massage and Deep Tissue Massage**

This life maintaining therapy is a must for stressed muscles. This is the massage of muscle tissue, enabling the elimination of toxins from the body, improving circulation of the blood and the lymphatic system, helping to give a sense of wellbeing of the mind body and soul. A full treatment lasts for 1 hour.

**Reiki**

This gentle healing system can be received whilst you are fully clothed. This treatment can help the body to attain its natural balance on a physical, mental, emotional or level. Reiki is a healing energy where the practitioner's hands are placed over various points of the body encouraging the body and mind into a deep state of relaxation.

**Aromatherapy**

A consultation establishes which essential oils to use, they are of high quality and are derived from plants and trees. Through gentle massage these oils work on the systems of the body, and are absorbed through the skin and inhalation. This therapy is a healing way to various physical and emotional problems. A full treatment can last up to one and half hours.

Melanie works in a holistic way and can combine the various therapies.

**Prices:**

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Twenty minutes</td>
<td>£15</td>
</tr>
<tr>
<td>Half an hour</td>
<td>£20</td>
</tr>
<tr>
<td>45 minutes</td>
<td>£25</td>
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<tr>
<td>1 hour</td>
<td>£30</td>
</tr>
<tr>
<td>1 hour and a half</td>
<td>£40</td>
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</tbody>
</table>

To arrange an appointment please contact Melanie direct on: Tel: 07990552935 or e-mail her at: mel@clearchannels.info. More information at [http://www.keele.ac.uk/hww/holistictherapies/](http://www.keele.ac.uk/hww/holistictherapies/)

**Clear Channels**
**Melanie Jane Bloor**  MICH, VTCT, IIHHT
Holistic Therapist