

# traditional hungarian wellness mud treatments

## Traditional, Full Body, Hot Mud Pack with Hungarian Massage

Applied warm to the major joint areas of the body this treatment is the traditional style of the famous medicinal spas in Budapest. The mud is mixed to a thick consistency for this treatment and is applied at approximately 43 degrees. Effectively treats degenerative diseases of the joints, sports related injuries, joint aches and pains, and alleviates tension. We complete this treatment with a 15 minute traditional Hungarian deep massage & stretch.

55 minutes, £55.00 (members)      £60 (non-members)

## Full Body Wrap

Applied warm to the whole body. For this treatment the hot mud is mixed to a light & smooth consistency. Effective for toning the skin, promoting firmness to the body tissues and helping to clear stored toxins, great as part of a weight reduction programme, also helps to alleviate tension and physical exhaustion, heals aches and pains and leaves the skin in an improved condition. This is also excellent for treating eczema and psoriasis. To complete treatment a 15 minute traditional Hungarian massage and stretch is given.

50 minutes, £50.00 (members)      £55 (non-members)

## Site Specific Mud Pack

Packed onto the problem area as traditionally used in Hungary, this treatment effectively treats degenerative diseases of the joints, sports related injuries, joint aches and pains, and alleviates tension.

40 minutes, £40.00 (members)      £45 (non-members)

30 minutes, £30.00 (members)      £35 (non-members)

**Contraindications:** Due to the high silicon dioxide content of the Mud it is advised that women who are pregnant, or who think they might be pregnant, should avoid having a treatment using Physic Mineral: HWM. However, the mud is very effective for post pregnancy aches & pains and for re-toning and nourishing the body.

The quantities of silicone dioxide also mean that those fitted with a pace maker or artificial, plastic or metal joints should also avoid treatments using the mud.



## PHYSIC MINERAL

hungarian wellness mud

Physic Mineral offer a menu of treatments designed with your positive wellness in mind. We work creatively and prescriptively with our clients to offer bespoke treatments, considering your health, fitness and lifestyle. We bring together a range of treatment concepts from the sports, injury, holistic and spa industry.

Our complete therapy system is unique because it combines established scientific knowledge with creative practice. Applied temperature is our philosophy and the Stones are our tools. Our carefully harvested basalt stones are heated and our natural marble stones are cooled, delivering the optimum temperatures to the body. We work prescriptively between -4° & 60°.

Many of the natural systems in the body are dedicated to ensuring a core temperature of 37°, known as homeostasis. As we know, good circulation is key to health and wellbeing. Applying hot and cold temperature to the body increases blood flow which supports the liver, bowel and kidneys, detoxification increases and supports the lymphatic & circulatory systems.

All products used in our treatments are organic.

# prescriptive hot and cold stone treatments

## treatment menu

### Full Body Assessment “MoT: what do I need”

This treatment will give our highly skilled therapist an opportunity to ascertain your body’s strengths and weaknesses. We recommend this treatment for people wanting to start taking responsibility for their own physical wellbeing and work towards optimum health with a programme of treatments. A fabulous full body massage.

75 minutes, £75.00 (members)      £80.00 (non-members)

## holistic luxury

### The Original Body “Where science meets energy, full body luxury”

Whilst your body is having a passive workout at the gym, your mind is relaxing on a faraway beach! Lining your spine with a bed of stones, we work full body including face. Working deeply, we chase hot and cold stones creating an adventure with temperature, incorporating tapping of stones to help break up those deep knots and tension spots.

75 minutes, £75.00 (members)      £80 (non-members)

### Facial “temperature uplift”

The ultimate in holistic face and neck treatments! The benefits of massaging alternating temperatures with organic products achieve an extremely effective rejuvenating treatment. The products used are only the finest, specially formulated soil association certified organic products to cleanse the skin. The formulation combined with the temperature of the stones deep cleanses and prepares the skin to release toxins. The superior qualities of Pure Quartz Crystal exfoliator gently buffs and the soothing blends of Rosa Mosqueta essential oil and natural Organic Honey increase and stimulate collagen production, blood flow to the epidermis and strengthen elastin. The facial is finished with a custom blended treatment mask using our PH Balanced Hungarian Wellness Mud with the benefits of natural silicone dioxide; the naturally formed collagen compound promotes the retention of elastin in the skin, whilst deep cleansing the epidermal layers to clear stored toxins.

60 minutes, £60.00 (members)      £65 (non-members)

### Crystal Mud Cocoon “Grounding the Soul”

If you feel generally out of sorts, emotional and/or mentally exhausted then this treatment will re-align your soul and body and give you your power back. This grounding treatment will leave you feeling back on earth and in your body and ready for the next challenge.

60 minutes, £60.00 (members)      £65 (non-members)

# sports & injury

### Full Body Deep Tissue “for the high maintenance body”

Smooth around the edges and without the pain of a regular sports treatment, this deep tissue treatment attends to all your aches and pains bringing your body back into full throttle. Stimulates your mind and relaxes your body.

75 minutes, £75.00 (members)      £80 (non-members)

## specific conditions

### Site Specific Injury “fix me”

Quick response treatment: for old and new injuries and stubborn pains. The hot and cold stones control flow of blood, lymph, congestion and inflammation thereby speeding up the bodies healing responses and injury recovery. Highly effective at reducing pain and inflammation of joints and muscles such as Back & Neck Problems, Tennis Elbow, Achilles Tendon and all general aches and pains.

40 minutes, £40.00 (members)      £45 (non-members)  
60 minutes, £60.00 (members)      £65 (non-members)

## coming soon...

### Positive Woman “menopause in balance”

This nurturing treatment helps regulate the body’s temperature and creates emotional and physical balance. Unfortunately ladies, we can’t eradicate the hot flushes altogether however our therapist advises on necessary dietary changes and helps you understand how to bring better balance to your body outside of the treatment room, leaving you more in control of these important changes happening within you at this time of life.

### Pregnancy “labour of love”

Pregnancy is a time of tremendous musculoskeletal, physical and emotional changes. Our highly skilled therapists can support those changes relieving stress from weight-bearing joints, muscle spasms, cramps, general aches & pains & help reduce water retention providing you with emotional support & a nurturing touch from the stones, altogether promoting relaxation.

