



# Health, Beauty & Fitness

Featuring



## Festive pampering

**T**HIS Christmas, enjoy some 'me' time courtesy of Huddersfield's award-winning Alexandra House holistic, health and well being spa at Edgerton.

A gift voucher, for any amount from £10 or for a particular treatment, is always a popular present for both women and men at this time of year. Spend £50 on gift vouchers before the end of November and you will also receive a free £5 voucher.

Meanwhile if you fancy a spot of pampering, why not treat yourself to the new Head to Toe Healing pamper package, now available at Alexandra House, for just £45. The hour-long package includes a 30-minute Reiki treatment followed by a choice of either Indian head massage, reflexology, an aromatherapy facial or an holistic face and scalp massage.

Maxine Stead, who opened Alexandra House over four years ago, said: "This is a real energy boost and pampering treatment and is ideal for relieving the stress of preparing for the festive season. Why not book a treatment and give yourself an early Christmas present?"

Alexandra House will also host a day of massage and Christmas shopping on Thursday December 1 when all money raised will go to Kirkwood Hospice.

Everyone attending the day, from 11am to 7pm, can enjoy a 30-minute treatment from a choice of a back massage, Indian head massage or Reiki.

Last year the event raised well over £700 for the



■ **PAMPER:** Enjoy well deserved 'me' time like this hot stone massage treatment

hospice and all those enjoying a massage are asked to make a minimum donation of £15. Running alongside this is a Christmas shop featuring Continental Cuisine from Roberttown with great delicatessen options including mini hampers, gifts and foods.

Also taking part is local silver jewellery designer Heidi Dawson with a selection of hand made jewellery items, and Sarah from Jam Gifts in Wakefield who offers a great choice of gift ideas. Gift vouchers will also be available and there will be a raffle for hospice funds. The day is expected to be busy so booking is advisable, if you want to enjoy a massage.

### ALEXANDRA HOUSE

Holistic health & well-being spa

#### LOOKING FOR THE PERFECT CHRISTMAS GIFT FOR YOUR FRIEND OR LOVED ONE



*Our gift vouchers make excellent Christmas presents.*

*Order a voucher for £50 or more before 30 Nov and receive a free £5 voucher.*

Murray Road, Edgerton, Huddersfield HD2 2AD

Tel. No: 01484 303786

Email: [info@alexandrahouse.org.uk](mailto:info@alexandrahouse.org.uk)

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