

ALTERNATIVE VITALITY  
HEALTH & BEAUTY  
MOBILE STORE

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We will be offering a selection of our products while we're visiting the Tongue Hotel. These include such fabulous natural and organic brands as Burts Bees, Lavera, Neal's Yard, Green People, Organic Surge, Madara and many more.

We'll also be bringing a range of supplements and natural remedies as well as chemical free household and petcare products.

Any special requests, just let us know and we'll do our best to provide it for you.



*Defy your age  
with the  
'Pearl of the Desert'*

## Frankincense

Anti-ageing



*Celebrating 30 Years  
of Organic Excellence*



skincare



Alternative Vitality

ALTERNATIVE VITALITY  
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**THE TONGUE HOTEL**  
TONGUE, SUTHERLAND

**Primary Therapy Centre**  
Alternative Vitality  
Whitechapel Road, Wick  
Caithness, KW1 4EA

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ALTERNATIVE VITALITY  
@

**THE TONGUE HOTEL**

AVAILABLE

LAST FRIDAY 11-6  
& SATURDAY 9-4  
OF EVERY MONTH

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## PRICE LIST



Alternative Vitality

Tel: 01955605184  
Email: [info@alternativevitality.co.uk](mailto:info@alternativevitality.co.uk)

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# COMPLEMENTARY & COGNITIVE THERAPIES



The Tongue Hotel is delighted to be able to offer the wonderful therapies of Alternative Vitality in our very own Therapy Room.

Donna Booth, who is the founder and managing partner of Alternative Vitality is a Clinical Hypnotherapist, Master Motivation Coach, Transformation Meditation Teacher and Reiki Master / Teacher and will be available for appointments on the last Friday and Saturday of every month. Donna will also be running a meditation class on the Friday evening.

The Tongue Hotel and Alternative Vitality are also working together on a series of long and short term workshops and retreats. More details very soon.

Alternative Vitality have featured in Vogue Magazine, WHG Magazine, The Executive Magazine and regularly in the local press.



## PRICE LIST

<b>Hypnotherapy (Single session)</b>	<b>£65.00</b>	<b>Reiki (Single Session)</b>	<b>£35.00</b>
A very relaxed form of psychotherapy most commonly used for anxiety, panic attacks, phobias, unwanted habits & addictions, low confidence, disrupted sleep patterns, low self-confidence, fear of public speaking, allergies, skin-disorders, pain management and performance enhancement.		An intensely relaxing, non-invasive Japanese therapy which balances the body's energy on many different levels.	
<b>Motivation Coaching (Single session)</b>	<b>£65.00</b>	<b>Reiki (Course of 4 Sessions)</b>	<b>£120.00</b>
Helping to fill the gap between what a person wants and their current life. Can be used in all aspects of life including career, relationships, health, performance and self confidence		Most effective if undertaken as a course of treatments	
<b>Past Life Regression</b>	<b>£65.00</b>	<b>Hopi Ear Candles (Single Session)</b>	<b>£30.00</b>
Is there something you can learn from a past life? Beneficial for personal & spiritual development, understanding fears, understanding why you are the way you are and much more.		A very relaxing way to help resolve sinus pain, snoring, itchy ears, tinnitus and more.	
<b>HypnoBand (Six sessions)</b>	<b>£330.00</b>	<b>Hopi Ear Candles (Course of 4 Sessions)</b>	<b>£105.00</b>
The revolutionary new weight loss system for those with a high BMI. All the advantages of having a gastric band fitted without the cost or the need for surgery.		Most effective if undertaken as a course of treatments.	
<b>Smoking Cessation</b>	<b>£100.00</b>	<b>NYR Organic Facial</b>	<b>£30.00</b>
Are you ready to stop smoking? Then this is the solution for you. A single 90 min session with supporting CD and an optional follow up session.		An absolutely blissful facial using the very best organic products from	
		<b>Meditation Class</b>	<b>£50.00</b>
		We will be running a five session introduction to meditation and relaxation. Some discussion and lots of practice. Running every Friday evening from 6.30 to 7.30. <b>Booking essential.</b>	

