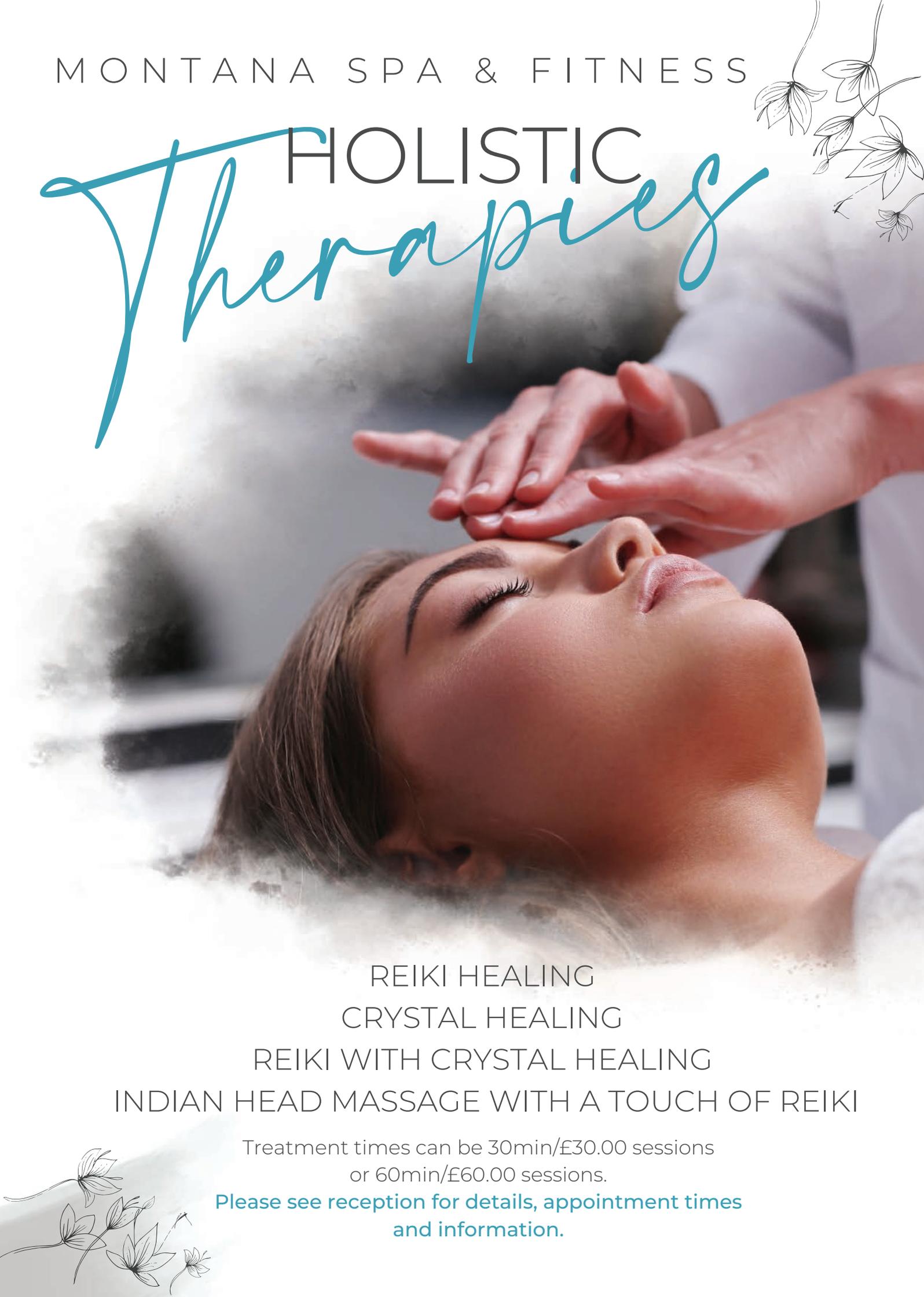


MONTANA SPA & FITNESS

# HOLISTIC *Therapies*

A photograph of a woman lying on her back, eyes closed, in a relaxed state. Her hands are held together in a prayer position above her forehead. A person's hands are visible, hovering just above her hands, performing a Reiki treatment. The background is softly blurred, showing what appears to be a spa or treatment room setting.

REIKI HEALING  
CRYSTAL HEALING  
REIKI WITH CRYSTAL HEALING  
INDIAN HEAD MASSAGE WITH A TOUCH OF REIKI

Treatment times can be 30min/£30.00 sessions  
or 60min/£60.00 sessions.

**Please see reception for details, appointment times  
and information.**



MONTANA SPA AND FITNESS

HOLISTIC

Packages



- THE WELLNESS EXPERIENCE
- THE HOLISTIC PACKAGE
- 1-1 CRYSTAL WORK SHOP
- BREATH WORK
- 1-1 SOMATIC YOGA
- 1-1 GROUNDING YOGA
- GROUP CLASSES OF ALL ABOVE ARE AVAILABLE

Package times are from 60min

**Available with Katrina**

Please feel free to ask for details, pricing and availability for all packages.

**MONTANA  
SPA**



**MERCURE  
HOTELS**

Mercure Newcastle George Washington Hotel Golf & Spa  
Stone Cellar Road High, Usworth, Newcastle upon Tyne, Washington NE37 1PH

**FOR MORE INFORMATION CALL: 0191 402 9988**