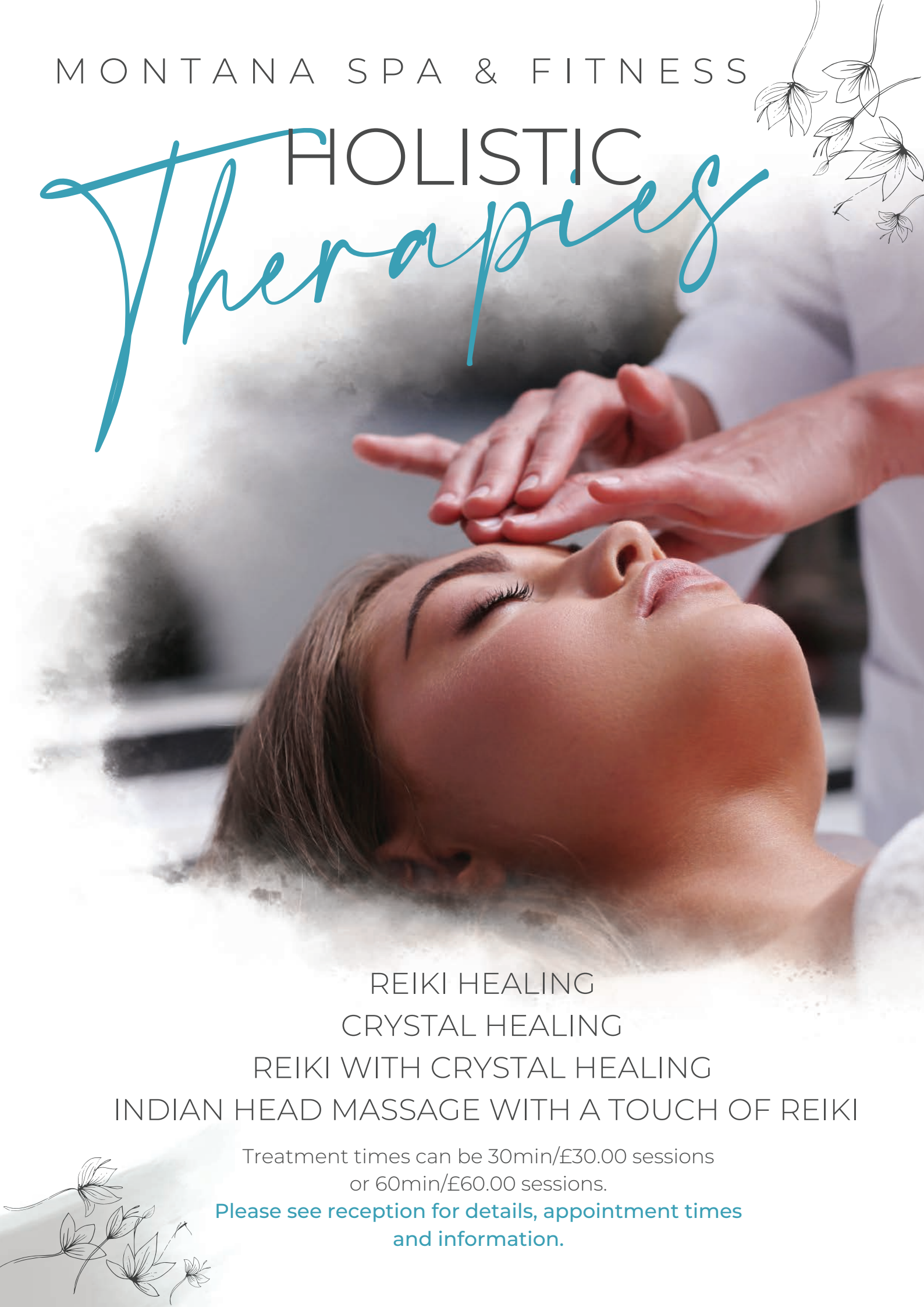


MONTANA SPA & FITNESS

# HOLISTIC *Therapies*

A woman with brown hair is lying down, eyes closed, in a relaxed state. Her hands are held above her head by a practitioner whose hands are visible. 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**