

**Barbara Steele** Proprietor of Alexandria Connections welcomes you to Can-Yr-Afon (Song of the River) for a truly memorable experience with our wonderful choice of Healing and Pamper packages .

*There is a feeling of freedom in balance with nature. The energy of your surroundings beckon, your senses ignite and the traces of your everyday life are left behind.*

*A retreat to inner solace awaits you here at Can-Yr-Afon.*

*'Your Haven for Relaxation'*



*Alexandria Connections*

*Can-Yr-Afon*

*Heol Penyfelin*

*Coedpoeth*

*Wrexham*

*LL11 3UA*

*Tel No 01978-754198*

*Website: [www.healing4u.co.uk](http://www.healing4u.co.uk)*

## Product Guide & Opening Times

### ❖ *Chi Machine (Sun Ancon Oxygenating Massager).*

*The movement created by the Chi Machine oxygenates, tones and strengthens the body and increases the 'life-force energy'. With this fish-like movement it safely removes toxins and relaxes the body, relieving minor aches and pains.*

### ❖ *Egyptian Healing Rods*

*Egyptian Healing Rods were the ancient healing tools used by Egyptian Pharaohs and High Priests. These sacred energy tools have been rediscovered by a Russian Scientist and have been manufactured in accordance with the original specification from rediscovered texts. When you hold these cylindrical healing rods they immediately begin to stimulate the body and help to reduce stress and fatigue, lower blood pressure, open your Chakra fields, improve the immune function and improve vitality.*

*Alexandria Connections - Egyptian Healing Centre (based in North Wales) have recently become the sole UK distributor of a new amazing complimentary medicine aid for everyday life use. Used by the ancient Egyptians they are – Egyptian Healing Rods.*

*These sacred tools for self-ascension and healing were used in ancient Egypt and have been recently rediscovered through recovered Egyptian texts dating back over 3600 years*

### ❖ *Bio-Magnetic Therapy*

*Bio-Magnet Therapy helps the body naturally regain its self healing balance as each organ and cell in the body is influenced by magnetic fields. Our quality magnetic therapy is one of the easiest ways we can enhance our general well being, energize our bodies and speed any necessary repair. Bio-Magnets relax and lengthen tissue which begin the process of detoxing, elimination of waste and stimulates the body's own pain relieving system.*

### ❖ *Pyramid Healing*

*The power in Pyramids has been well documented over the years. They are a known source of energy. The ancient Egyptians knew that the pyramid was an energy source, hence that's why they buried their pharaoh's there. This energy is known to keep fruit ripe, energise water, and even keep razor blades sharpened.*

*Forget about the hectic lifestyle and the stresses of everyday life, by relaxing under our Pyramid, which helps achieve calmness and deeper relaxation.*

### ❖ *Thermal Basalt Stones*

*An ancient stone therapy, which helps melt away modern stress and tension. The use of heated stones dates back over two thousands years, used by the Chinese as a means of improving the functions of internal organs. Hot Stone massage uses a combination of heat from the stones and oils. The energetic effects of both the stones and the oils produce a deep penetrating state of relaxation and well-being.*

## *Opening Times*

*Monday 10.00am - 5.00pm  
(2 Hour Pamper Packages)*

*Tuesday 10.00am - 5.00pm  
(Half Day Packages)*

*Wednesday 10.00am - 5.00pm  
(Full Day Packages)*

*Thursday 10.00am - 5.00pm  
(Half Day Packages)*

*Friday 10.00am - 5.00pm  
(Full Day Packages)*

*Saturday 10.00am - 5.00pm  
(Full Day Packages)*

*Closed Sundays*

*Full Day (10.30am - 4.30pm)*  
*Treatment Packages £139.00 per person*

*Cleopatra*

*A deeply relaxing full body Swedish massage to help relieve stress and fatigue.  
Monoi coconut melt scalp treatment for nourishing the scalp and hair.  
Karin Herzog chocolate facial for instant radiance and clarity.  
2-course lunch with relaxation.  
Deluxe hands and feet treatment for skin softening and anti-ageing.  
Chocolate fountain treat before departure*

FULL BODY MASSAGE, MONOI COCONUT SCALP TREATMENT, CHOCOLATE FACIAL, 2 COURSE LUNCH, DELUXE HAND AND FOOT TREATMENT

*Hathor*

*Deep cleansing Back exfoliation: includes body brushing, skin exfoliation and oxygenating creams culminating with a coconut monoi exotic back massage.  
Karin Herzog glyco rose oxygenating facial for anti-ageing benefits and radiance.  
2-course lunch with relaxation.  
Deluxe hands and feet treatment for skin softening and anti-ageing.  
Chocolate fountain treat before departure*

EXFOLIATING BACK FACIAL WITH MASSAGE, OXYGEN FACIAL, 2 COURSE LUNCH, DELUXE HAND AND FOOT TREATMENT

*Isis*

*Velvet monoi melt coconut cocoon body exfoliation, cleanses and invigorates the body.  
An invigorating dead sea mud wrap, which stimulates the lymphatic drainage system, drawing out toxins, and hydrating the skin. This treatment will aid clients who are slimming to reduce and drain excess fluid, whilst stimulating the circulatory system.  
Karin Herzog chocolate facial for instant radiance and clarity.  
2-course lunch with relaxation.  
Deluxe hands and feet treatment for skin softening and anti-ageing.  
Chocolate fountain treat before departure*

VELVET BODY EXFOLIATION, DEAD SEA MUD BODY MASK, CHOCOLATE FACIAL, 2 COURSE LUNCH, DELUXE HAND AND FOOT TREATMENT

*Full Day (10.30am - 4.30pm)*  
*Treatment Packages £139.00 per person*

### *Nefatari*

*Cellulite treatment, which firms and tightens the skin, hydrates and increases circulation and is also ideal for those who suffer from cold limbs and poor circulation.*

*Karin Herzog glyco rose oxygenating facial for anti-ageing benefits and radiance.  
2-course lunch with relaxation.*

*Deluxe hands and feet treatment for skin softening and anti-ageing.  
Chocolate fountain treat before departure*

FULL BODY CELLULITE TREATMENT, OXYGEN FACIAL, 2 COURSE LUNCH, DELUXE HAND AND FOOT TREATMENT

### *Nefertiti*

*Luxurious full body thermal massage using black basalt stones for easing tensions, aches and pains, and rebalancing the mind and body.*

*Karin Herzog glyco rose oxygenating facial for anti-ageing benefits and radiance.  
2-course lunch with relaxation.*

*Deluxe hands and feet treatment for skin softening and anti-ageing.  
Chocolate fountain treat before departure*

THERMAL HOT STONE BODY MASSAGE, OXYGEN FACIAL, 2 COURSE LUNCH, DELUXE HAND AND FOOT TREATMENT

## *Full Day (10.30am - 4.30pm)*

*Bride & Groom Treatment Package or Mother and Daughter Treatment Package*  
*£159.00 per person*

### *Alexandria*

*Egyptian Healing Rods session for pre treatment relaxation*  
*Velvet body exfoliation that enhances your skin, cleanses and invigorates the body.*  
*Full body massage to ease away tension and relieve stress.*  
*2 course lunch with relaxation.*  
*Karin Herzog chocolate facial for instant radiance and clarity.*  
*Deluxe hands and feet treatment for skin softening and anti-ageing.*  
*Chocolate fountain treat before departure*

EGYPTIAN HEALING RODS, VELVET BODY EXFOLIATION, FULL BODY MASSAGE, 2 COURSE LUNCH,  
CHOCOLATE FACIAL, DELUXE HAND AND FOOT TREATMENT.

## *Half Day ( 10.00am - 1.30pm) or ( 2.00pm - 5.30pm)*

*Bride & Groom Treatment Package or Mother & Daughter*  
*£95.00 per person*

### *Alexandria*

*Velvet body exfoliation that enhances your skin and invigorates the body.*  
*Indian Head Massage for total relaxation and de-stressing.*  
*Monoï coconut melt scalp treatment for nourishing the scalp and hair.*  
*Karin Herzog chocolate facial for instant radiance and clarity.*  
*Refreshments and walks available*

VELVET BODY EXFOLIATION, UPPER BODY MASSAGE, MONOI COCONUT SCALP TREATMENT,  
CHOCOLATE FACIAL, REFRESHMENTS AND WALKS.

*Half Day (10.00 - 1.30pm) or (2.00pm - 5.30pm)*  
*Treatment Packages £95.00 per person*

### *Cleopatra*

*A deeply relaxing full body swedish massage to help relieve stress and fatigue.  
Monoï coconut melt scalp treatment for nourishing the scalp and hair.  
Karin Herzog chocolate facial for instant radiance and clarity.  
Refreshments and walks available*

FULL BODY MASSAGE, CHOCOLATE FACIAL, MONOÏ COCONUT SCALP TREATMENT, REFRESHMENTS AND WALKS.

### *Hathor*

*Deep cleansing Back exfoliation: includes body brushing, skin exfoliation and oxygenating creams culminating with a  
coconut monoï exotic back massage.  
Karin Herzog glyco rose oxygenating facial for anti-ageing benefits and radiance.  
Refreshments and walks available*

DETOXIFYING BACKFACIAL, OXYGEN FACIAL, REFRESHMENTS AND WALKS.

### *Isis*

*A velvet monoï melt coconut cocoon body exfoliation, cleanses and invigorates the body.  
A wonderful invigorating Dead Sea mud wrap, which stimulates the lymphatic drainage system, drawing out toxins, and  
hydrating the skin. This treatment will aid clients who are slimming to reduce and drain excess fluid, whilst stimulating  
the circulatory system.  
Karin Herzog chocolate facial for instant radiance and clarity.  
Refreshments and walks available.*

BODY EXFOLIATION, DEAD SEA MUD BODY MASK, CHOCOLATE FACIAL, REFRESHMENTS AND WALKS.

### *Nefatari*

*A cellulite treatment, which firms and tightens the skin, hydrates and increases circulation and is also ideal for those  
that suffer from cold limbs and poor circulation.  
Karin Herzog glyco rose oxygenating facial for anti-ageing benefits and radiance.  
Refreshments and walks available.*

FULL BODY CELLULITE TREATMENT, OXYGEN FACIAL, REFRESHMENTS AND WALKS.

### *Nefertiti*

*A luxurious full body thermal massage using black basalt stones for easing tensions, aches and pain  
and rebalancing the mind and body.  
Karin Herzog glyco rose oxygenating facial for anti-ageing benefits and radiance.  
Refreshments and walks available.*

HOT STONE FULL BODY TREATMENT, OXYGEN FACIAL, REFRESHMENTS AND WALKS.

*Half Day (10.00 - 1.30pm) or (2.00pm - 5.30pm)*  
*Executive Revival Selection £95.00 per person*

*Designed to help you slow down and ease away tension and help combat stresses of modern day.*

### *Horus Package*

*For rebalancing the body and mind.*

*Relaxation session to start prepare the body for relaxation with Egyptian Healing Rods.  
A total holistic hot stone tension massage for easing stress and tension.  
Oxygenating Chi session for oxygenating cell regeneration and increasing Yin and Yang energies.  
Refreshments and walks available.*

EGYPTIAN HEALING RODS, HOT STONE TREATMENT, OXYGENATING CHI MACHINE, REFRESHMENTS AND WALKS

### *Osiris Package*

*Pure indulgence for your total pampering experience*

*Relaxation session to start prepare the body for relaxation with Egyptian Healing Rods.  
Karin Herzog chocolate facial for instant radiance and clarity.  
Monoi coconut melt scalp therapy for hair and scalp nourishment.  
Refreshments and walks available.*

EGYPTIAN HEALING RODS , CHOCOLATE FACIAL, MONOI COCONUT SCALP THERAPY, REFRESHMENTS AND WALKS

### *Ramses Package*

*This specially designed session will soothe away general aches and pains.*

*Oxygenating Chi session for relaxing the spine and muscle tension.  
Bio-Magnetic therapy massage for muscle aches and pains.  
A deeply relaxing upper body, face and scalp therapy.  
Refreshments and walks available.*

OXYGENATING CHI MACHINE, BIO-MAGNETIC THERAPY, BODY MASSAGE, REFRESHMENTS AND WALKS.

*Half Day (10.00am - 1.30pm) or 2.00pm - 5.30pm)*  
*Healing Treatment Package £95.00 per person*

### *Ra Package*

*Egyptian healing techniques for self empowerment and healing.*

*A Pyramid session for de-stress and preparation for healing rods.  
Colour vibrations to help unblock life-force energies.  
Egyptian Healing Rods for balancing Yin-Yang energies, enhancing meditation practices, increasing psychic abilities, reducing stress, fatigue and improving vitality.  
Meditation and relaxation sessions.  
Inner peace and tranquillity rooms for self- healing. Music optional with headphones  
Refreshments and walks available.*

PYRAMID HEALING, EGYPTIAN HEALING RODS, QUIET ROOMS, MEDITATION, REFRESHMENTS AND WALKS.

## *Full Day (10.30am – 4.30pm)*

*Treatment Package £109.00 per person*

*Designed for 3 persons*

### *Sekimet*

*Karin Herzog oxygenating facial for instant radiance and clarity.*

*Relaxation session.*

*2 course lunch with relaxation.*

*Deluxe hands and feet treatment for skin softening and anti-ageing.*

*Chocolate fountain treat before departure*

OXYGEN FACIAL, RELAXATION, 2 COURSE LUNCH, DELUXE HAND AND FOOT TREATMENT.

### *Thema*

*A luxurious full body thermal massage using black basalt stones for easing tension, aches and pains and for rebalancing the mind and body.*

*Relaxation session.*

*2 course lunch with relaxation.*

*Deluxe hands and feet treatment for skin softening and anti-ageing.*

*Chocolate fountain treat before departure*

THERMAL HOT STONE BODY MASSAGE, RELAXATION , 2 COURSE LUNCH, HAND AND FOOT TREATMENT

### *Zahra*

*A velvet monoi melt coconut cocoon body exfoliation, cleanses and invigorates the body.*

*A wonderful invigorating dead sea mud wrap, which stimulates the lymphatic drainage system, drawing out toxins and invigorating the skin. This treatment will aid clients who are slimming to reduce and drain excess fluid, whilst stimulating the circulatory system.*

*Relaxation session.*

*2 course lunch with relaxation.*

*Deluxe hands and feet treatment for skin softening and anti-ageing.*

*Chocolate fountain treat before departure*

VELVET BODY EXFOLIATION, DEAD SEA MUD BODY MASK.RELAXATION, 2 COURSE LUNCH, DELUXE HAND AND FOOT TREATMENT

*2 Hour Pamper Package*  
*Treatment Package £70.00 per person*

*Bastet*

*Luxurious upper body thermal massage using black basalt stones for easing tensions, aches and pains, and rebalancing the mind and body.*

*Karin Herzog oxygenating facial for anti-ageing benefits and radiance.*

HOT STONE UPPER BODY TREATMENT, OXYGEN FACIAL.

*Halima*

*Deluxe hands and feet treatment for skin softening and anti-ageing.*  
*Monoï coconut melt scalp treatment for nourishing the scalp and hair.*

HAND AND FOOT TREATMENT, MONOI COCONUT SCALP TREATMENT.

*Safiya*

*Deep cleansing Back exfoliation: includes body brushing, skin exfoliation and oxygenating creams culminating with a coconut monoï exotic back massage.*

*Karin Herzog oxygenating facial for anti-ageing benefits and radiance.*

DETOXIFYING BACKCIAL, OXYGEN FACIAL

## **GENERAL INFORMATION**

### *Deposit*

*When booking a pamper package a non refundable 50% deposit will be required per person to ensure confirmation.*

### *Balance*

*The remaining balance is payable 3 weeks prior to your pamper package.*

### *Cancellation Policy*

*3 weeks notice is required or the deposit will be forfeited*

### *Medical Questionnaire*

*Guests are required to complete a questionnaire on your health. If you are in any doubt as to your physical condition i.e. suffering from any illness or undergoing any treatments you should contact us prior to arrival*

### *Dress*

*Dress in informal, you may choose to bring sandals and or comfortable walking shoes.(There are many beautiful walks available around the property)*

*Jewellery and personal belongings should be kept to a minimum.*

*We cannot accept responsibility for loss or damage to your belongings.*

*Robes are provided should you wish to wear them.*

### *Advice on treatment packages*

*Our aim will be to help and advise on the treatments packages to ensure that optimum results are achieved and your visit to Alexandria Connections will be a memorable experience.*

### *Gift Vouchers*

*Gift vouchers are available for that special gift for all the treatment packages. The vouchers are valid for 6 months. These vouchers may be ordered on the telephone by credit/debit card.*

### *Products*

*A full range of health and beauty products are available for purchase upon request. Mail order is also available for your convenience.*

### *Data Protection*

*All personal details are provided in the strictest confidence.*

### *Parking*

*Parking bays are provided on the driveway. Parked vehicles and contents are parked at owners own risk.*