



wellbeing apothecary

—caring for you— ethically, naturally and responsibly, just as nature intended

Welcome to our holistic wellbeing salon and apothecary, where we bring you treatments and products that are natural and as much as possible organic and ethically produced.

We aim to bring a balance to your inner and outer wellbeing and beauty.

Our philosophy is to nurture the individual and promote a wellbeing which leads to Balance, Harmony and Calmness within.

We encourage Respect and Integrity for each other and our surroundings.

We can create a sustainable lifestyle that not only enhances ourselves but also our future generations.

We endeavour to reflect this philosophy in our products and treatments.

The majority of our treatments and products are based on the principles of Ayurveda, which means 'knowledge of life'. Ayurveda is a medical science of ancient India, it deals with matters relating to health, day to day life and longevity.

At Eizun, we aim to bring Ayurveda into a practical means of application into today's modern world.

In our treatments and products we combine the essence of ayurvedic products with essential oils and the goodness of aromatherapy.

Most people are familiar with the word 'Wellbeing', today this is the most talked about subject as more importantly than ever, we are at the forefront of understanding that wellbeing is in our hands if we choose to work with it and take the necessary steps for prevention and maintenance.

There is a vast amount of information and resource now available at our disposal to arm ourselves with the knowledge to protect our environment and our internal body and our inner selves, to feed our body with the correct nutrients that protect and strengthen our immune systems to be able to cope with the demands of the 21st Century that we live in.

"At Eizun Wellbeing we put at your disposal some ancient techniques and remedies"

Not only with advances of technology but also with the vast amount of research and knowledge that is now constantly being put in front of us through the media.

We are more equipped with the knowledge for optimum health and what we need to do to prevent and protect our systems against ill health.

We strongly believe that regular gentle detox is integral to an individual's wellbeing, this is also in line with the Ayurvedic principles that we incorporate into some of our treatments.

At Eizun Wellbeing we also aim to put at your disposal some ancient techniques and remedies that have stood the test of time, from time immemorial to the present day

*"Eizun is the ancient meaning for 'balance' ... to your inner and outer wellbeing and beauty"*

some of these have proven valuable time and time again.

We reflect this in some of our treatment techniques and also the ingredients in the products used and available through the shop to buy.

These holistic therapies cover a range of issues from Back Pain to Stress Relief Management, we can help with our offerings of :

Reflexology, Indian Head Massage, Homeopathy, Back Realignment Therapy, Aromatherapy, Deep Tissue Massage, Reiki Healing, Pregnancy Treatments.

We endeavour to bring you quality treatments so you can ' Be Free of Pain and feel HAPPY in your body again' !

We invite you to step inside and take a look at our services and products and ENJOY your Eizun experience.