



## NORTHAMPTON CLINIC – THERAPIST BIO

For more information visit our website [www.northamptonclinic.com](http://www.northamptonclinic.com) or call 01604 632232

### Ricky Mayes



Ricky Mayes is an IHBC fully qualified Holistic Therapist and Reiki Master. He specialises in Swedish Massage, Holistic Massage, Indian Head Massage, Crystal Healing, Reiki and Hopi Ear Candling.

With over 20 years' experience behind him and with further studies in psychology, Ricky is aware of the power of the mind and its effects on the body.

As an holistic therapist Ricky aims to restore balance to mind and help you de-stress, boost your energy levels and bring relief to muscular discomfort.