

THERAPEUTIC MESSAGES & OTHER TREATMENTS

Back, Neck and Shoulders: £35.00

If you sit in the driving seat of a vehicle for long periods, slump in front of your computer screen or TV, don't be surprised if you experience backache, stiff neck or aching shoulders (or all three !). This treatment starts from your pelvis and works upwards to the top of your head culminating in a scalp massage, releasing knots of tension and helping your lymphatic system to flush away toxins. The improved circulation brings oxygen to your brain, relieving that muzzy drained feeling and helping you to wind down and relax after a hectic working day.

Head to heels: £45.00

This excellent stress-busting massage starts from your heels and goes all the way up the back of your legs and thighs, hips, back, shoulders and neck to the top of your head. It refreshes your body, eases your mind and relaxes your muscles while, at the same time, eliminating toxins and waste products. It's a marvellous hour-long antidote to the accumulated tensions and pressures of modern life.

Legs and feet: £35.00

Oh, those aching legs, swollen ankles and throbbing feet - have you been standing all day? It's said that if your feet hurt, it shows in your face! Give them the treat they deserve with a relaxing, therapeutic and refreshing massage - and have a quiet rest at the same time with your feet up.

Hip and thigh anti-cellulite: £30.00

Do you hate your lumpy knees, mottled thighs and the dimpled skin like orange peel on your hips? This stimulating treatment - which includes a massage of your legs and feet - helps to reduce unsightly puffiness around buttocks and thighs. It breaks down fat deposits, improves lymphatic drainage, stimulates the circulation and eliminates toxins. You'll feel much more confident on holiday in your swimsuit and shorts too. This treatment is most effective booked in blocks of four at a discount.

Full body aromatherapy massage: £55.00

This ultimate treat for your whole body (except your 'naughty bits', of course) gives an all-over sense of well-being and elation to lull away your worries and cares for a little while. Skilful and sensitive deep Swedish massage using specially selected essential oils soothes away all your accumulated tensions and stresses, giving suppleness to your joints and toning your muscles. Remind yourself just how good it feels to be totally relaxed, revitalised and reinvigorated. And you'll just love the hand and foot massage. It's not unusual for clients to fall asleep (though they usually deny it!) Altogether an experience not to be missed. Go on - treat yourself - because you're worth it!

Indian Head Massage: £35.00

If you suffer from recurring headaches or simply need to quieten your mind, slow down and unwind, this could be just the treatment you need. Experience the peace and tranquility of the traditional Indian head, neck and shoulder massage. Lie back, close your eyes, and let yourself drift away to an oasis of calm during this soothing and healing treatment. So good that you won't want it to end!

Reflexology (includes a foot massage): £35.00

Did you know that you have hundreds of pressure points on your feet which correspond to all the parts of your body? In this treatment, your therapist uses her thumbs and fingertips to massage your feet and locate any sensitive areas which may indicate blockages in your energy channels. Your flow of positive energy is thus cleared of obstacles and then you can begin to experience healing and wellness. This treatment is recommended in blocks of four for maximum benefit.

Sports massage £40.00

Sports massage can be used to aid recovery from injury or as part of a training programme. It is suitable for the average club player as well as serious athletes.

Sports massage focuses on the muscle systems used in athletic activities and can combine manual manipulation, electro-therapy such as ultrasound, trigger point therapy and muscle stretching and soft tissue release. The aim is to reduce soreness and help to enhance power, flexibility and endurance.

The benefits are faster recovery from micro-traumas, increased range of motion and flexibility, relief of fatigue, reduced injury healing time, improved circulation, reduced muscle tension, cramping and soreness.

AROMATHERAPY

We never use ready-mixed commercial compounds. After a preliminary consultation, you watch your personal blend being created specifically for you from pure high-grade oils and, if you wish, we can make up a small bottle of it for you to take away for use at home. It goes without saying that only the most wholesome products are used for all our treatments.

Tui Na – Chinese / Swedish Massage - £40

Pronounced Twee-nar, this therapy, which is widely practised in China, involves massage, acupuncture, gentle releases, mobilisation, energy building and cranial balancing. Aspects of Tui Na are used in the West under such headings as **Swedish massage**, **reflexology** and **cranio-sacral therapy**. It is safe for babies, children and the elderly, is pain-free and has no known side-effects.

Ear Candling (includes a face massage) £35

This treatment can give relief from sinus problems, tinnitus, earache, recurring sore throats and other ear-nose-throat conditions.

Manual Lymphatic Drainage for cellulite and poor circulation £40.00

This specialised massage boosts a sluggish immune system, improves elimination of toxins and helps to shift the residue of infections. It is suitable and safe for people in remission from cancer. As an aid to reducing puffiness around buttocks and thighs, it can help to break down fatty deposits and improve circulation.