

**Massage** techniques are commonly applied with hands, fingers, elbows, knees, forearms, feet, or a device. The purpose of massage is generally for the treatment of body stress or pain, relaxation and reduction of tension. Great for anyone who suffers with aches, pains, tension headaches or generally need to unwind.

In professional settings, clients are treated while lying on a massage table, sitting in a massage chair, or lying on a mat on the floor. Depending on the massage technique being used.

### **Full Body Massage**

A Full body massage comprises of feet, legs front & back, back, neck and shoulders, arms, hands and décolleté.

The massage specifically targeting any problem areas. A combination of Swedish and deep tissue massage techniques will leave you feeling flexible and relaxed. Reducing stress and muscle tension, improves posture and aids all-round wellbeing,

### **Back, Neck & Shoulder Massage**

A back, neck and shoulder massage will relieve those aches and pains with a 30 - 45 minute massage specifically targeting these problem areas. A combination of Swedish and deep tissue massage techniques will leave you feeling flexible and relaxed. Reducing stress and muscle tension, improves posture and aids all-round wellbeing.

### **Hot Stones Massage**

Hot Stone Massage; is a type of massage therapy that involves the use of smooth, heated stones. The massage therapist places the hot stones on specific points on your body and may also hold/use the stones while giving the massage.

The localised heat and weight of the stones warm and relax muscles, allowing the massage therapist to apply deeper pressure to those areas without causing discomfort.

People often describe hot stone massage as comforting and deeply relaxing. The warmth is soothing for people who tend to feel chilly. The heat of the stones relaxes muscles, allowing the therapist to work deeper while using lighter pressure. A great winter indulgence.

### **Back, Neck and Shoulder Hot stone Massage**

A Back, Neck & Shoulder hot stones massage is to concentrate on those tension/problematic areas. The massage will relieve those aches and pains with a 30 - 45 minute massage specifically targeting these problem areas. A combination of Swedish and deep tissue massage techniques will leave you feeling flexible and relaxed.

Reducing stress and muscle tension, improves posture and aids all-round well-being, with the addition on hot stones.

### **Indian Head massage**

It is a deep massage, using a variety of pressure and techniques, including circular massage strokes on your scalp, deep tissue works on your shoulders, and stretching the neck.

Massage to the scalp and head increases nourishment and oxygen to the hair follicle which in turn stimulates hair growth. Kneading of the head during a massage, opens up the blood vessels on the scalp and helps in better absorption by the blood vessels. A typical Indian head massage treatment, usually starts with the shoulders, working into this area especially as it often holds a lot of tension. The upper back may also be massaged working around the shoulder blade. Following this, flowing motions will move up the neck massaging and stretching to relieve any stress and tension. Finally, the scalp is then massaged along the acupressure points on the head, followed up by the forehead and the area around the eyes. The upper back and arms can also be massaged depending on the techniques being used.

This massage may be coupled with oils, which condition the hair and promotes growth and healthy skin.

### **Body Massage**

Full Body	£38
Back, Neck & Shoulder	£28

### **Hot Stone Body Massage**

Full Body	£48
Back, Neck & Shoulder	£38

### **Holistic Treatments**

Indian Head Massage	£33
Hopi Ear Candling	£28

### **Body Treatments**

Purifying back ritual	£38
Skin rejuvenating ritual	£50