

TREATMENT LIST

INDIAN HEAD MASSAGE:

Based on traditional ayurvedic healing system, designed to bring harmony between mind and body this seated massage is invigorating, uplifting, revitalizing and works on the upper back, shoulders, scalp and face. It will help soothe and relax the nervous system while relieving joint and muscle stiffness. It is particularly beneficial for relieving eyestrain and migraines while relaxing and toning the facial muscles.

An Indian head massage will energise your mind and allow tension to slip away.

SPORTS MASSAGE:

Sports massage focuses specifically on assisting the training process, preventing injury and aids healing when injury occurs. Both the occasional athlete and the serious athlete can encounter soreness and injury, making this form of massage beneficial no matter how athletic a person is. It can reduce soreness and fatigue during the training process, giving a head start before a competition and speeding the recovery period after the event

DEEP TISSUE MASSAGE:

Deep Tissue massage focuses on the deeper layers of muscle tissue by physically breaking down tension and adhesions to relieve pain and restore normal movement. It aims to release the persistent patterns of tension through slow strokes and deep finger, hand and elbow pressure.

The purpose is to "unstick" the glued fibres of a muscle while releasing the build up of tension, eliminate toxins, while relaxing and soothing the muscle itself. It is both remedial and therapeutic.

SWEDISH MASSAGE:

Swedish massage employs soft strokes on the more delicate and bony structures of the body, such as the face, hands and feet, and stronger strokes over thickly muscled areas that retain stress, such as the neck and shoulders.

A relaxing treatment for mind and body.

AROMATHERAPY & AROMATHERAPY FACIALS

Aromatherapy is the use of essential aromatic oils to help improve physical and emotional well-being. It works on the principle that the most effective way to promote health and prevent illness is to strengthen the body's immune system through stress reduction. This deeply relaxing treatment combined with individually chosen aromatherapy oils significantly reduces stress and helps to restore the harmony between the mind and body.

All treatment can be tailored to the individual's needs and any combination of massages can be chosen.