



Swedish Massage



MASSAGE INFO

30 minutes

Soothing back, neck & leg massage

60 minutes

Back, neck, head, arms, legs & feet massage

90 minutes

Extended body & colon massage

Only top quality natural oils or talcum powder is used

Carrier oil may be nut based so please state if you have a nut allergy

Is the manipulation of soft tissue ...

... and can improve skin, muscle tone, the circulatory, nervous and immune systems as well as some body organs, having both a psychological and physiological effect.

Regular massage is hugely beneficial to our overall sense of wellbeing and can noticeably reduce **the effects of stress.**

INVIGORATING or RELAXING

Treatment tailored to suit individual needs.

The treatment room has a specially designed memory-foam couch with fleece-covered heated under blanket, allowing clients to experience deeper relaxation and an immediate release of tension.

Overhead lights are dimmed, candles lit and a light scented aroma of Ylang Ylang, Lavender, Lemongrass and citrus fruits permeates the room, further inducing relaxation yet heightening **the sensorial experience.**

Before any initial treatment, a short health questionnaire is carried out in strictest confidence to identify any known medical conditions, lifestyle trends and current needs to ensure that clients receive the best possible care and attention.

We cannot diagnose or advise any change in medication levels.

Clients should consult their GP.

ANGELHANDS
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