



Treatments

Aromatherapy & Swedish Massage Treatments

Essential oils are included in the treatments and will be chosen specifically for you (unless you prefer to omit them)

Full Body

The Ultimate relaxation treatment to unwind, de-stress and ease any muscular tension. The hour long session will treat your back, neck, shoulders, legs & feet, arms & hands or can focus on a particular area if you wish. You might like to add on a 15 minute mini facial to complete the experience.

60 minutes £40
75 minutes £50
90 minute £60
Add-on 15 minute mini facial £12

Back, Neck & Shoulder Massage

Neck, shoulder and lower back ache are common problems, mainly due to posture, and particularly common among those at desks all day. Text neck, headaches, tightness around shoulder blades, often resulting from looking down at electronic devices, can be eased with massage. A 15 minute mini facial can be added on to complete the experience.

30 minutes £25
60 minutes £40
Add-on 15 minute mini facial £12

Legs & Feet Massage

Anyone with aching legs or feet will enjoy this treatment. Works on quadriceps, hamstrings, calves, and ends with relaxing foot massage. Particularly good for runners, dancers, athletes or those who spend a long time on their feet. Can also be effective in relieving Plantar Fasciitis - massaging predominantly the lower leg and feet.

30 minutes £25
60 minutes £40

Hormonal Balance Massage for Menopause

A 60 minute calming and cooling massage. This treatment uses essential oils which have been found to be useful during menopause. A blend of some of these oils, selected just for you, will be applied during the massage and are a natural way to manage symptoms such as anxiety, insomnia, hot flushes, mood swings and brain fog. You will leave with a small bottle of your blended oils for home use.

60 minutes £50

Deep Tissue Massage

A firmer massage working deeper into the muscles of the legs, back, shoulders and arms. Effective in relieving chronic pain, muscle tension or spasm, and helping with limited mobility and recovery from injury. The techniques allow the therapist to focus on and treat specific issues, the most prevalent being back and shoulder pain. . Pressure is built up throughout the treatment using thumbs, fists, knuckles and elbows so you can choose lots of pressure or just a little. Afterwards your muscles should feel released and relaxed. Prices as for Swedish and Aromatherapy treatments above.



Calm Touch Therapies

Indian Head Massage

A very popular and extremely effective therapy that has evolved from traditional techniques practiced in India.

Indian Head Massage is designed for the neck, shoulders, scalp and face and is carried out with the client in a seated position. It can relieve tension, headaches, neck and back pain, alleviate stress and promote relaxation. It is ideal for anyone who loves their head being massaged and it finishes with a lovely facial. The massage takes half an hour and is a wonderful treatment with benefits on many levels.

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30 minutes £20

Extended treatments:

45 minutes £30

60 minutes £40

Natural Lift Facial Massage

This increasingly popular massage is focused on the face, scalp, neck and shoulders. The techniques involved help to relieve deep tension in the facial muscles and act as a natural lift. You will notice that after the massage your skin is smoother and any puffiness & fine lines are reduced. The massage uses highly effective techniques drawn from both Japanese and Indian face massage and also incorporates acupuncture and facial reflexology techniques. Over time, with regular treatments, skin appears rejuvenated and wrinkles seem to be dramatically reduced for many. In addition the massage is wonderfully relaxing.

Single Treatment: £35.00

Course of 6 treatments: £175.00 (a saving of £35)

Try for yourself and see and feel the difference

Multiple treatments can be booked as a package, paid for in advance or installments.

The treatment lasts about 45 minutes and can be carried out with or without oils.

About Swedish Massage

Swedish massage is the manipulation of the soft tissues of the body using a variety of techniques specifically designed to relax muscles.

The main purpose of Swedish massage is to increase the oxygen flow in the blood and release toxins from the muscles. It helps stimulate the circulation, increase joint mobility and helps relieve muscular tightness and stiffness. It aids relaxation and can help lower stress levels generally. In short it feels good, is relaxing and invigorating.

A light oil is used facilitate the massage and a full consultation taken prior to treatment.

About Aromatherapy

Aromatherapy is the use of essences or essential oils, extracted from aromatic plants, to promote physical and emotional well-being.

Essential oils have distinct therapeutic properties and fragrances. They work by being absorbed through the skin via a massage or by inhalation of the aroma. The effect of the massage, with the properties of the essential oils, provides a wonderful holistic treatment for mind and body. Aromatherapy is an especially effective treatment for stress-related problems and a variety of chronic conditions as well as boosting the immune system. After a full consultation, the client is offered a selection of oils relevant to them. Their choice is then blended for use in their treatment.

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www.calmtouchtherapies.co.uk