

Treatments



Prices available on booking site

Treatment package options and gift vouchers available please get in touch to discuss offers

Reflexology

Reflexology is a form of massage in which the practitioner uses their knowledge and skills to apply purposeful touch on the feet/hands/face. Reflexology has many benefits such as relaxation, stress reduction, improved comfort and sleep.

Reflexologists utilise an individual holistic approach which aims to promote a feeling of balance and wellbeing for the individuals they treat.

Reflexology has ancient origins. Modern theories of reflexology describe how areas on the body such as the feet and hands correlate with organs and structures within the body. Through stimulating reflex points and meridians on the feet/hands/face reflexologists can improve comfort and wellbeing.

Recent studies have found reflexology to be beneficial for the management of symptoms such as pain, anxiety and quality of sleep across all ages. These benefits can positively impact individuals across the life span from pre-conception to pregnancy, birth and beyond.

Reflexology is a complementary therapy; it is not a substitute for medical advice or treatment. Through choosing a reflexologist who is a member of the Association of Reflexologists, you are ensuring that your practitioner has the appropriate knowledge, skills and experience recognised by the Association for excellence in reflexology practice.

How to prepare- wear comfortable clothing, for foot reflexology wear loose fitting trousers and socks. During the session you will be fully clothed your feet and lower leg (below the knee) will need to be exposed for the massage. For hand massage, simply wear comfortable clothes and a top which can be rolled up above the elbow.

Foot reflexology 1hr

Hand reflexology 30mins

Reflexology for babies/children 30 -45 mins

Massage

Massage techniques have been used for thousands of years to ease discomfort and promote wellbeing. Our busy stressful lives can lead to muscular tension and pain. This physical and emotional discomfort affects our mood, sleep and general wellbeing.

I am a qualified, fully insured massage therapist. Following a holistic consultation, massage may be identified as a suitable therapy to promote wellbeing. Swedish massage is a well-known and widely practised therapy used to promote relaxation, reduce stress and alleviate discomfort. Myofascial and acupressure techniques can also be utilised to enhance effect (see functional facial). Myofascial massage techniques focus on stretching tissue (fascia) that lies between the skin and muscles to release tension. Not to be confused with a deep tissue or sports massage, myofascial massage techniques are effective for relieving tension and promoting relaxation. Acupressure stems from traditional Chinese medicine. Acupressure aims to balance energy flow within the body to promote comfort, wellbeing and relaxation through applying fingertip pressure to the skin in specific areas (no needles!).

Functional facial

The functional facial incorporates Swedish massage, reflexology, Indian head techniques, acupressure and myofascial massage. This deeply relaxing holistic massage focusses on the neck/shoulders/face and scalp. This massage is beneficial for reducing tension and pain in the upper body, particularly the neck shoulders and jaw. Good for people who are troubled by tension headaches or have tension in these muscles. Our busy stressful lives affect us emotionally and physically. This emotional pain is felt in our muscles; tight and uncomfortable neck and shoulder muscles are a common concern for people who are experiencing periods of stress and anxiety.

How to prepare- Generally for massage therapy loose comfortable clothing is best, during the booking process your therapist will advise you how best to prepare. For the functional facial or neck/shoulder/face massage wear comfortable clothing and no

makeup. During these sessions you will be fully clothed and lying on a massage couch. A comfortable vest/cami top which allows shoulder straps to be slipped over the shoulders is ideal.

Massage, Examples of treatment times:

Back & shoulder or face neck & shoulders -30 mins

Functional facial -90 mins

Aftercare: Your therapist will advise you regarding specific aftercare relating to your session. Generally, it is advisable to try to rest and relax after your session, listen to your body, stay hydrated. Avoid alcohol and heavy meals on the day of your treatment.

Articles

Wang, W.L. et al., (2020) Effect of foot reflexology intervention on depression, anxiety and sleep quality in adults: A Meta-analysis and meta regression of randomised controlled trial.

Siev-Ner. I., et al (2003) Reflexology treatment relieves symptoms of MS : a randomized controlled study
DOI: [10.1191/13524558503ms9250a](https://doi.org/10.1191/13524558503ms9250a)

Ioche. S and Genc. R., (2017) Effect of reflexology on infantile colic . A controlled intervention study.
<https://doi.org/10.1089/acm.2017.0315>

Ajimsa. M.S et al (2015) Effectiveness of myofascial release: Systematic review of randomised controlled trials. <https://doi.org/10.1016/j.jbmt.2014.06.001>

Li C-Y et al (2011) Randomised controlled trial of the effectiveness of using foot reflexology to improve quality of sleep amongst post- partum women. *Midwifery* (27) p181-186



