<table>
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<th>Therapy</th>
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<td><strong>FORMS OF MASSAGE:</strong></td>
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<td><strong>Hand and Arm Massage</strong> - relaxing treatment focusing on the full arm and hand.</td>
<td>Oil is used.</td>
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<tr>
<td><strong>Leg and Foot Massage</strong> - nice, relaxing treatment focusing on the leg from the knee down and the feet.</td>
<td>Oil is used.</td>
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<td><strong>Neck and Shoulder Massage</strong> - manipulation of the body’s soft tissues (skin and muscle) – a relaxing and non-invasive treatment.</td>
<td>Can be done with or without oil, on a special massage chair designed to fully support the body, or on a massage bed.</td>
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<td><strong>Indian Head Massage</strong> - massage focusing on the upper back, shoulders, arms, neck, head and face. The person will sit in a chair and will be fully clothed for this treatment.</td>
<td>Can be done with or without oil.</td>
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| Indian head massage has numerous physical benefits such as:  
  • General feeling of wellbeing, calmness and relaxation  
  • Improved blood circulation and muscle tone  
  • Stimulates the nerve endings which relieves muscular pain | This treatment can be extremely beneficial to sufferers of stress and stress related ill health. It can help clients to become calm and relax more easily. The treatment can also be helpful in combating insomnia and migraine – particularly where the triggers are stress-related. |
| **Seated Acupressure Chair Massage** - For this treatment, the client sits in a special chair, fully clothed. The treatment focuses on many of the acupressure points on the back, neck, arms, hands, head and legs. This is a very good de-stressing treatment which will leave clients feeling energised. | Clients need to wear trousers or a loose skirt. No oil is used in this treatment. |
| **Back Massage** - manipulation of the body’s soft tissues (skin and muscle). Therapists can use a variety of techniques such as Swedish, Deep Tissue, Aromatherapy etc. depending on client needs. | This treatment can be carried out on the chair as above or on a massage bed with oil. |
**HEALING:**

**Reiki Healing** - “Reiki” (ray-key) is Japanese for ‘universal life energy’. It is the name given to a system of natural healing which evolved in Japan from the experience and dedication of Dr Mikao Usui. There are many variations of Reiki, but in essence Reiki treatments can help the body emotionally or spiritually. Reiki can be used alongside other conventional or complementary treatment and often helps to provide emotional support during recovery. Reiki is not attached to any religion or any belief system, and therefore it does not conflict with an individual’s religious beliefs, or lack of religious beliefs.

The method of receiving a Reiki treatment from a practitioner is a very simple process. The person simply lies on a couch and relaxes. If clients are unable to lie down the treatment can be given in a sitting position, the main thing is for people to be as comfortable as possible.

There is no need to remove any clothing and the practitioner gently places their hands non-intrusively in a sequence of positions which cover the whole body. The whole person is treated rather than specific symptoms and Reiki is all about moving more into a state of balance on all levels.

The **HEARTS Process** – This is a therapy used for promoting peace, calm and tranquillity in supportive care settings.

The HEARTS Process draws on a range of natural skills and sensory experiences. These include Hands-on contact, Empathy, Aromas, Relaxation, Textures and Sound. The benefits realised from a HEARTS approach may be profound and the different aspects can be used in any combination for people who are anxious, in pain, or unable to sleep. HEARTS was designed to be used where conventional massage techniques were inappropriate, and in any situation where well intentioned touch could be beneficial. It can be given through clothes so there is no need for clients to remove clothing.

**OTHER TREATMENTS:**

**Reflexology** - Reflexology is an alternative medicine, complementary, or integrated medicine method of treatment involving the physical act of applying pressure to the feet and hand with specific thumb, finger and hand techniques. It is based on what reflexologists claim to be a system of zones and reflex areas that they say reflect an image of the body on the feet and hands, with the premise that such work effects a physical change to the body.

The treatment can be done with or without the use of lotion or oil. Feet are cleansed prior to treatment.

**Meditation** - Meditation is an extremely valuable tool to bring into your life and is an important part of mindfulness. It is a state of consciousness – when the mind becomes free of scattered thoughts and patterns. As an individual you will learn to go deep within yourself to focus the mind and eliminate outside influences to produce a wonderful state of deep peace and relaxation.

Meditation will enhance your life in many ways. So many of us struggle with a “busy mind” and find it hard to switch off and find peace from the “chatter”. It will enable you to understand yourself more, appreciate and notice the beauty of your surroundings and have a deeper appreciation for the people around you.

There are many benefits to regular meditation – just some of them are:

1. Reduced levels of stress and anxiety
2. It can help to reduce physical pain and boost the immune system
3. Lowering of blood pressure and increased blood flow to the brain
4. Encourages deep relaxation and feelings of inner peace
5. Helps focus the mind and promotes deep sleep

**Relaxation techniques** – Working with breathing and progressive muscle relaxation.

This includes very simple breathing exercises and working with relaxing the muscles in the body. Clients will learn to listen to the sound of their breathing and enjoy the lovely sensation of physical relaxation.

**Holistic Facial** - A Holistic Facial can help to improve the skin texture and appearance as the circulation is increased, giving clients a healthy looking complexion. This is a very relaxing treatment as it can both stimulate and soothe the skins’ nerve endings, which can help to delay fine lines and wrinkles, and tones facial muscles. It can help to reduce tension headaches and leaves clients with a feeling of well-being.

Our Therapists are very professional and can adjust treatments to each client. We can therefore also offer a number of combination options as follows:

**Relax and Let Go Treatment**
- Hand and Arm Massage with Reiki Healing

**Relax your Mind Treatment**
- Short Relaxation or Meditation with Reiki Healing

**De-stress and Calm Treatment**
- Neck and Shoulder Massage with Reiki Healing

**Invigorate and Balance Treatment**
- Indian Head Massage with Reiki Healing

*If clients prefer another combination of treatments, they can discuss with the Therapist.*