

AROMATHERAPY MASSAGE

Aromatherapy massage is a truly holistic therapy, taking into account the mind, body and spirit of the person seeking treatment. Aromatherapy has its roots in the most ancient healing practices of mankind and uses the power of pure essential oils, specifically blended to your particular requirements, to address imbalances of both the body and the mind. These natural oils, when used in conjunction with specific massage techniques, deliver complete relaxation and therapeutic benefits.

Nowadays aromatherapy is an accepted complementary practice amongst many health professionals and many people are enjoying the benefits of this powerful and natural therapy. The results of aromatherapy are very individual. No two persons are affected by the same essential oil in exactly the same way. Even the same person can be affected differently by the same oil depending on surroundings, time of day or mood.

Aromatherapy massage is particularly helpful in the treatment of many conditions. It is suitable for people of all ages, from tiny babies to older people, men and women.

It has been found to be particularly helpful for the following conditions:

- Anxiety, stress, depression and nervous tension
- Fatigue (including chronic) and ME
- Insomnia and poor sleep patterns
- Headaches and migraines
- Low immunity system
- Menstrual problems, pregnancy and the menopause
- Poor circulation
- High blood pressure
- Respiratory conditions including asthma and sinusitis
- Muscular aches and pains, including before and after sports and workouts

SWEDISH MASSAGE THERAPY

Swedish massage therapy is what comes to mind when most people think about massage. As the best-known type of bodywork performed today, one of the primary goals of this massage technique is to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart.

Swedish massage therapy goes beyond relaxation and can be exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

HOT STONE MASSAGE

Hot stone massage uses soothing oils, warm basalt and sometimes cold marble stones to relax your muscles, allowing for a deeper and more intense all-over massage. In hot stone therapy, your therapist applies smooth, water-heated basalt stones to key points on your body. This direct heat relaxes your muscles, which means that the massage itself is more effective and intense than it would be otherwise. The size of the stones varies, according to which part of the body your therapist is treating.

It is generally accepted that alternating treatments of warmth and cold are beneficial, and help to soothe an aching body. What we often need to do is combine both hot and cold. There's a method behind the apparent madness of leaping from a toasty sauna into an icy pool: hot stone therapy uses the same principle. Heat expands the blood vessels, cold constricts them.

The combination of relaxing warmth and refreshing coolness is thought to encourage the body to detox and heal, increasing lymph flow and helping to flush out waste. With the addition of heat, **your body becomes relaxed in a much shorter space of time**, and your therapist can focus on a deep working of the tissues using both the stones and her hand strokes.

The stones are coated in fragrant oil to increase your sense of relaxation and calm. Oil is smoothed gently onto your body, and each stone in turn is worked by your therapist's hands.

Hot stone massage can:

- Boost your circulation
- Release stored tension
- Recharge your energy levels
- Relax you

Hot stone massage is said to have health benefits for people with:

- Muscular pain
- Poor circulation
- Rheumatic and arthritic conditions
- Fibromyalgia
- Back pain
- Stress
- Insomnia
- Depression

As with all spa therapies, though, **never underestimate the feel-good factor**. Hot stone massage will make you feel nurtured, pampered and special.

INDIAN HEAD MASSAGE

As implied by the name, the Indian Head Massage is a form of massage therapy created in India thousands of years ago. It is deep style massage derived from the Ayurvedic tradition that focuses on the head, shoulders and neck. Through a variety of different techniques, the massage works to release any blocked negative energy in the body that may be manifesting itself as disease or injury in any one of the seven Chakras (energy centres) of the body. It does so by applying pressure to certain points on the neck, shoulders and head that correspond to each Chakra (which is a similar approach to that of reflexology). This unblocks the Chakras, and allows for a free flow of energy around the body, restoring the individual to optimum health and feelings of wellbeing.

An Indian Head massage is the ideal way to get a person “out of their head”, far far away from everyday emotional and mental stress.

The massage usually goes between 25 – 45 minutes, and may or may not use certain oils in the hair and on the body. Starting at the upper back, the Indian Head masseuse begins by applying pressure to points that dissolve knots and relax the muscles. They then move to the shoulders and upper arms to release other common areas of tension, and to the neck and head to release headache-causing blockages and to encourage better circulation of the cerebral fluid. The massage then progresses to the scalp, relaxing the entire head, encouraging circulation and stimulating hair growth. Lastly, the masseuse may choose to perform a gentle face massage that may relieve symptoms of sinusitis & headaches, and encourages good circulation and a glowing complexion.

An Indian Head Massage may prove beneficial by:

- Relieving built up tension that can often result in headaches, migraines, neck and back pain
- Detoxifying the body by stimulating lymphatic drainage
- Boosting overall immunity
- Improving circulation, which in turn increases energy levels
- Promoting clarity and increased concentration
- Soothes symptoms of asthma by calming the respiratory system
- Relieves Mandibular Joint Tension
- Increases muscle tone
- Relieves symptoms of sinusitis
- Boosts cerebral spinal fluid circulation
- Relieves sleeplessness, restlessness and insomnia

An Indian Head massage may also improve overall mental health by:

- Relieving symptoms of anxiety and depression
- Providing relief from stress and promotes relaxation
- Improving concentration levels
- Renewing energy levels
- Increasing feelings of peace, calm and well being
- Boosting memory capabilities