

Indian Head Massage



Location

South West, Hampshire<https://www.freeadsz.co.uk/x-406177-z>

Indian head massage uses a variety of massage techniques on the upper back, shoulders, neck and face. Used for thousands of years to help improve circulation and relieve tension in the neck, head and shoulder – it can substantially reduce the neck and shoulder restriction and pain. By massaging the head, shoulders and face it can also relieve tension headaches, provide relief eye strain and sinus problems, eliminate stress and have a deep conditioning effect on the scalp. It's a wonderful way to re-balance your body's energies, improve focus and enhance concentration, creating a feeling of mental calmness and physical well-being which can last for several days after treatment. Each massage is tailored to meet individual needs and preferences, with a choice of scented or unscented oils. 45 minutes £40
25 Minutes £25 To find out more, or to book, call Sandy: Tel: 07927 909782 07927 9097... (click to reveal full phone number)

Email: [click to contact](#)Website: athena-holistic-massage-therapies.co.ukwww.facebook.com

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