



Available massage messages from a qualified and experienced female massage therapist: \*SWEDISH (£25/half an hour, £35/ 3/4h, £45/one hour) A popular massage that uses a combination of different strokes to help reduce muscular pain, ease joint stiffness and alleviate stress and headaches. \*DEEP TISSUE m. (£30/half h, £40/ 3/4h, £50/h) therapy focuses on deeper layers of muscles. \*SPORTS massage (35/half h, £45/ 3/4h, £55/h) The 4 top techniques (30/half h, £40/ 3/4h, £50/ h): \* HOT STONE massage: is a specialty massage where the therapist uses smooth, heated stones. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly. \* LOMI LOMI is a unique healing ("Loving hands") massage derived from the ancient Polynesians and the master healers of Hawaii. It works gently yet deeply into the muscles with long, continuous, energy flowing strokes, also helps release the blockages and therefore facilitates the road to healing. Lomi Lomi is not just a physical experience; it also facilitates healing on the mental, emotional and spiritual levels as well. The client viewed as someone to be returned to harmony and balance. \* AROMATHERAPY/HOT OIL Massage: A therapeutic massage with aromatic essential oils to ease away physical and mental tension. \* BAMBOO Massage: a popular, deep, stimulating, relaxing massage. You can mix any two top techniques for £35/ half an hour, £45/ 3/4h and £55/ hour, any three for £40 half an hour, £50/ 3/4h and 60/ hour and even all four in one session for £45/ half an hour, £55/ 3/4h and £65/ hour. INDIAN HEAD Massage (£25/ half an hour, £35/ 3/4h, £45/one hour) A very special massage of the upper back, neck, scalp, face and ears using gentle, medium and firm pressures helping to release blocked energy and ease muscle tension. \*REFLEXOLOGY Foot Massage: (£25/ half an hour, £35/ 3/4h,£45/one hour) An ancient form of foot massage which is a safe and natural therapy that promotes self healing and relaxation.

\*PREGNANCY Massage (£30/ half an hour, £40/ 3/4h, £50/ one hour) \*FACIAL Massage (£25/half h, £40/ 3/4h, £45/h); in addition to relaxation massage. The Massage is given daily 7 days a week. Please book in advance. Sundays and Bank Holidays. \*TEXT MESSAGES and EMAILS are preferred ways to contact me. Phone: 01303 551124. Peterborough calls from mobile numbers will be answered. \*SEXUAL Massage is no longer practised and is unavailable. \*In-spa facility is not available. \*Costs for all treatments are available! Mobile service is available in Peterborough (has an extra charge). 15 minute mini treatments of



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