

# Relaxing Massage



Location

**South East, West Sussex**

<https://www.freeadsz.co.uk/x-444978-z>



Relaxing massage tailored to your needs. Full body Swedish/ Lomi Lomi combined with my own style for a unique massage experience by a Qualified Female Therapist. Using scented or unscented heated oils. Text/ call (I may not be able to answer if I am with a client) for an appointment. Available 7 days/evenings a week. From £40. What is Swedish Massage Therapy? Swedish massage therapy is the modality that comes to mind when most people think about massage. As the best-known type of bodywork performed today, one of the primary goals of the Swedish 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. But Swedish massage therapy goes beyond relaxation. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension. Lomi Lomi Massage: Lomi Lomi is best known for long, flowing, dance-like strokes, often using the forearms and generous amounts of oil. But, because there are so many styles, the specifics of a massage can vary. Gentle stretches and joint rotations are common in this massage, as is the massage therapist massaging two parts of your body at same time, for example, using one hand or forearm on your shoulder while simultaneously massaging a hip with the other hand or.



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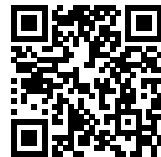
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