



# now & zen

Exminster • Abingdon

Claire Bath MT, IAHT

MASSAGE THERAPIST • REFLEXOLOGIST

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## Zen Signature Massage 60 mins £40

Here I work instinctively based on my assessment and your feedback.

Your personally customised, Zen Signature Massage will leave you feeling relaxed, renewed and deliver profound well-being.

## The Now & Zen Mini-Treat

20 mins £10

Need a treat but short on time or unsure of the right one for you? This package provides a sampling of popular techniques. Now there's no excuse for not spoiling yourself or someone special.

**Download the MINDBODY app and book your zen moment today.** Alternatively you can call or email me for information on any of the services shown here.

Now & Zen was created with a single purpose, to provide clients with a complete, holistic approach to total body health. Client care is paramount and all of my treatments are delivered to an exceptional standard. Limiting the use of chemical products during your treatments, I use and promote beautiful, natural, non-toxic products.

Beginning with a consultation, I ensure that your treatment is tailored to your individual needs and aim to provide a healing & holistic haven in which you can feel cocooned from the world outside. Your time with Now & Zen will be a true experience so you can unwind & healing can take place in mind, body and spirit!

With the MINDBODY app, you can check my schedule, book your time and manage your passes right from your phone.



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look inside to  
find your zen  
moment



### **Indian Head Massage** 20 mins, £12

Reducing stress, tension, fatigue, eye strain, insomnia, headache/migraine and sinusitis, clients report that the experience is deeply calming and clarifying.

This treatment can also promote healthy hair growth.

### **Thai Foot Massage** 60/90 mins £35/40

This opens your Sen lines, improving circulation and lymph movement in the feet and lower legs. A firm pressure is used throughout for a refreshing and revitalising massage that improves flexibility.



### **Anti-Cellulite Massage** 40 mins £25

This treatment helps stimulate your blood and lymphatic circulation to break down cellulite and eliminate toxins. You will see your skin is more soft, elastic and firm and your muscles are more toned.

### **Hand & Foot Massage** 60 mins £30

I refresh and reinvigorate the joints of your hands and feet with special techniques and oils. A blissful treatment that creates the classic happy feet and happy hands. This would make a lovely gift.



### **Swedish Massage** 30/60 mins £20/30

The great stress reliever! Enhanced by soothing music, the movements of this treatment are slow, flowing and rhythmic, easing away tension and leaving in its place a sense of calmness and well-being.



### **Tailored Aromatherapy Massage**

30 mins £20

A therapeutic massage that is tailored to your individual requirements: relaxing de-stressing and detoxifying, or stimulating, energising and invigorating.

### **Anti-Stress Aromatherapy Massage**

60 mins £35

A gentle, cleansing massage with oil that reduces muscle tension and stiffness. A whole body experience, many clients fall asleep during massage, only to awaken suitably refreshed and re-invigorated.

### **Reflexology** 60/90 mins £35/40

Enjoyed by many ancient cultures, this therapy is powerful & deeply relaxing. I manipulate pressure points on the feet to stimulate your innate healing mechanisms and bring balance to your body.