

# THERAPEUTIC MASSAGES

## *Aromatherapy*



LONDON MASSAGE  
THERAPIST

- Leave invigorated from whole body relaxation using a combination of lighter pressure and aromatic essential oils.
- Aromatherapy specifically helps improve your skin, nervous system & body circulation.

## **Lymphatic Drainage**

- This type of massage targets the stimulation and flow of fluid from a network of vessels that drain from the tissues of the body into the blood stream.
- Due to physical, nutritional and psychological stressors, this system can become impaired over time.

## **Relaxing Massage**

- Smooth, gentle flowing techniques aids to relieve muscular tension and improve circulation.
- This is a whole body massage from top to toe, including key areas such as hands and feet, for better relaxation.

## **Therapeutic Massage**

- Light to firm pressure used in combination with essential oils to maximise relaxation.
- This helps enhance the body's natural restorative functioning and improves sleep, thus reducing anxiety.

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