

More about our treatments -

**Some of the benefits of Massage:**

It is very beneficial for physical and emotional health.

It promotes total relaxation

Improves condition of the skin due to increased blood circulation

Helps fatigue and improves concentration

Relieves stiffness in muscles

Relieves eyestrain and tension headaches as muscular tension is relieved

Aids detoxification of the body as lymphatic flow is increased

Helps with irritability and promotes sleep as clients feel more relaxed and calm.

Breaks down fibrositic nodules, commonly known as ‘knots’, which develop from tension within the muscles.

***For people suffering from stress***, massage is an ideal way of helping the mind and body to relax, therefore lowering stress levels.

**Indian Head Massage:**

Has been around for over 5,000 years

It is one of the safest massages you can have

No oils need be used as clients do not have to remove clothes

It can be done on clients seated in a chair

**The level of relaxation that it is possible to achieve has to be seen, or experienced, to be believed. Its effectiveness lies in its simplicity and is ideally suited to be offered as much in the workplace as the salon or clinic.**

**Facials:**

We all need to keep our skin clean. It is a no.1 priority. Facials boost the radiance of your skin and revitalises your complexion. Find yourself cocooned on a warm couch, while you experience a gentle and soothing facial therapy. You will relax during the cleansing, exfoliation and toning stage and then drift away as we massage your neck, shoulder and scalp. You will awaken to a thirst-quenched and radiant complexion.

(We also take anti-ageing facials to a whole new level with the latest combined ultrasound and light therapy. Conditions such as acne and roseacea can also be effectively treated).

***Don’t let your skin hold you back!***