

## **Rachel James Therapies Treatment List**

### **Ayurvedic Massage**

Ayurvedic massage is like a hypnotic dance, listening and sculpting the body's needs. During an Ayurvedic massage, a subtle transfer of electromagnetic energy takes place between the therapist and client. Oils vary to target imbalances and massage styles vary from deep to superficial following the energy channels, nerve pathways and muscle groups. It is as though the body is sculpted and moulded back to alignment bringing about an enormous sense of well-being. During the treatment marma points are incorporated, these can be compared to acupressure points and used with the same intention of increasing flow and vitality. The massage can be full-body including face or key areas focused upon, to bring about harmony.

**1 hr Ayurvedic massage £60**

### **Hydrotherm massage**

This treatment involves two warm water cushions which cover the top of the massage couch (think of it like a supportive water bed). Throughout the treatment you remain face up as the transition of the water allows me to work between the pillows and your body to create a 3-dimensional massage in weightlessness, through which you never have the disruption of turning over or have to use a face hole. The warmth of the cushions cradles you, warms your muscles and your body determines the depth. This treatment is incredible for increasing range of movement within shoulders and lower back pain – ideal for golfers, reducing chronic tension if you are stressed, pregnant or just in need of a well-deserved and thorough pampering.

The massage flows beautifully from top to toe, leaving you feeling incredible. Your bodyweight assists me to get the correct amount of pressure for your muscle needs to release the root of pent up tension. Most people who have had a Hydrotherm find it so much more comfortable than a traditional massage couch.

**1 hr Hydrotherm massage £60**

### **Pregnancy Massage**

Mums to be can rest easy in my safe hands with the reassurance I have worked alongside midwives and physios. As a pregnancy massage specialist and as a mother myself I can relate to your needs.

**1 hr Pregnancy massage £60**

## **Hot Poultice Massage**

The use of poultices is a very ancient technique, mostly found in Thailand, South East Asia and India. It has even been revealed that historically it was used to soothe the aches of soldiers dating back to the 14<sup>th</sup> century. This is a full-body poultice massage incorporating anti-inflammatory herbs such as turmeric, lemongrass and lime kaffir tightly wrapped in a muslin cloth to the size of my palm and steamed. These bundles are then used to stimulate the muscle tissue to relieve aches, pains and tension creating a deep, detoxifying yet deeply soothing massage.

**1 hr full body massage £70**

## **The Ultimate Skin Reviving Facial**

This outstanding facial will guarantee to meet all your skin needs. A literal superfood treatment for your skin with visible results. Organic skin care enhanced with the powers of seaweed, delivering nutrients and results your skin will love. Organic jojoba which is close to our own natural sebum will restore balance, making it appropriate for all skin types, promoting youthful plumpness, reducing the appearance of fine lines and reviving glow. The treatment will start with a scalp massage, incorporate a 20-minute natural facelift massage and choice of hand or feet reflex point massage.

**1 hr £65**