

Ayurvedic

1 HOUR AYURVEDIC MASSAGE from £60

Ayurvedic massage is like a hypnotic dance, listening & sculpting the body's needs.

During an Ayurvedic massage a subtle transfer of electro-magnetic energy takes place between the therapist & you. Oils & massage styles vary to target any imbalances along with deep & superficial techniques that follow your body's energy channels, nerve pathways & muscle groups. It is as though the body is sculpted & moulded back into alignment, bringing about an enormous sense of well-being.

During the treatment marma points are incorporated (similar to acupuncture points) & use the same intention of increasing your natural flow & vitality. The massage can be full body including face & key areas to bring about harmony.

Hydrotherm

1 HOUR HYDROTHERM MASSAGE from £60

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 your therapist to work between the pillows & your body, creating a three dimensional massage in weightlessness, through which you never have the disruption of turning over or need to use a face hole.

The warmth of the cushions cradles you, warming your muscles & allowing your body to determine the depth. This treatment is incredible for increasing range of movement within your shoulders & reducing any lower back pain you maybe experiencing. Ideal for golfers, reducing chronic tension if you are stressed, pregnant or just in need of a well-deserved thorough pampering.

Hot Poultice

1 HOUR HOT POULTICE MASSAGE from £70

The use of poultices is a very ancient technique, mostly found in Thailand, South East Asia & India. It has even been revealed that historically it was used to soothe the aches of soldiers dating back to the 14th century.

This is a full body poultice massage incorporating anti-inflammatory herbs such as turmeric, lemongrass & lime kaffir tightly wrapped in muslin cloth to the size of the therapist's palm & steamed. These bundles are then used to stimulate the muscle tissue to relieve aches, pains & tension in the body, creating a deep, detoxifying yet deeply soothing massage.

Ultimate Skin Revival

1 HOUR SKIN REVIVAL FACIAL from £65

This outstanding facial will guarantee to meet all of your skin's needs. A literal superfood treatment for your skin with visible results. Organic skin care enhanced with the powers of sea-weed, delivering nutrients & 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 & reviving your natural glow. The treatment will start with a scalp massage, incorporate a 20 minute natural facelift massage & choice of hand or feet reflex point massage.

Pregnancy Massage

1 HOUR MUMS TO BE MASSAGE from £60

Mums to be can rest easy in Rachel's safe hands, with the reassurance of working alongside midwives & physiotherapists for over 20 years. As a massage specialist & as a mother herself, you can unwind knowing you'll have a relaxing session with someone who can relate to your body's needs as this special time.

Available Here

BOOK NOW

Treatments available on site or brought to you!

CALL 07862 134350

WWW.BESPOKEBODY.CO.UK

@bespokebodymassage