

Treatments - Relaxing

Sometimes you just want to relax and be pampered, and having trained as a beautician originally, I love doing relaxing treatments. They may be therapeutic as well, of course!

Aromatherapy

This treatment is now a household name and needs no explaining. You will have different oils at each treatment, specifically blended for your needs every time. This is combined with the "acupressure" massage described below.

"Acupressure" massage

Having been working with both Shiatsu and massage since the 1970's I naturally bring acupuncture points and meridians into my massage. This makes the massage more beneficial and relaxing to receive; it revives flagging energy or soothes away aches and pains. Combined with the fragrant oils, it makes a luxurious treatment lasting about 1 1/4 hours

Cost of aromatherapy with acupressure massage: £30.00

Facials

The focus of my facial treatments is massage of the face, neck and shoulders, including, as needed;

- "Face-lifting" through stimulation of the muscle trigger points

- Acupressure, helping to lift and smooth the face as well as boosting circulation, reducing puffiness and easing sinus congestion and headaches

- Japanese facial techniques for ironing out wrinkles and sharpening contours.

No sales pitch! I cleanse, tone and nourish your skin from hairline to de'collete' with fresh, natural, often homemade products - essential oils, natural floral waters, cucumber, peach or green clay masks, for example. No chemicals or preservatives are used, and special care is taken of sensitive skins.

Cost of a 1-hour facial: £30.00

