

# TREATMENTS at Massage Matters



**Full body massage.** This treatment is fully customised to your needs. After a consultation the massage will focus on the areas of your body that need attention, whether this is your neck and shoulders or legs. The pressure can be adapted to your comfort: gentle and relaxing, or deeper and more muscle relieving. Great for improving flexibility and mobility of muscles and joints, this treatment can also improve your circulation, reduce stress and blood pressure and lead to a sense of balance, relaxation and wellbeing. **60 minutes £50.00 or 90 minutes £70.00**



**NO HANDS® massage.** This is a 'Gentle Giant' of approaches, deep and relaxing at the same time. It is based on ancient principles of massage but looks and feels completely different. The practitioner uses the very soft part of their forearm to deliver a powerful stroke using their body weight to deliver strong pressure that doesn't feel invasive. Clients should feel many benefits both psychological and physical and this accumulates with each treatment. **60 minutes £50.00.**



**Seated massage.** This treatment uses Indian Head Massage techniques to give a deep and relaxing treatment. It covers the back, neck and shoulders with work on the arms, and detailed work on the facial pressure points and scalp. This is the perfect treatment for those with shoulder pain or those suffering from headaches and migraines or for those who are unable to lie on a couch for treatment. A great choice for male or female clients and can be delivered through clothing if needed. **60 minutes £50.00 or 45 minutes £40.00**



**Cancer Touch Therapy.** This therapy has been designed by The Made for Life Foundation and accredited by the Complementary Therapy Association. Most salons will be unable to offer treatment to cancer patients as therapists are not insured. However Karen at Massage Matters is fully trained and able to offer this unique and very beneficial treatment. It is completely safe for anyone going through cancer at any time from initial tests through to palliative stages. Traditional massage usually focuses on deeper tissue or muscle manipulation to bring about tension release. Cancer Touch Therapy is a gentle touch focusing on calming, nurturing and soothing. The treatment can be for the head, face, upper back, shoulders and arms and legs. It uses slow, rhythmic techniques providing complete tranquillity and relaxation allowing you to drift away into a meditative state. The treatment will be customised exactly to your needs. For further information please see <https://madeforlife.org> **45 minutes £40.00**



**Hot stone massage.** Applying heat to muscles is a great way to get them to relax. It is the perfect winter treat! During the treatment, smooth, flat, heated stones will be placed on specific parts of your body – upper back, sacrum and feet in particular. The stones will always be placed on top of a towel not directly onto your skin. The stones are heated in a professional purpose designed heater where the heat is regulated properly. The stones retain the heat for a good time and can then be reapplied as needed when they cool. The stones will be used to massage your body directly with techniques that allow the heat to transfer to your muscles without creating excess hot spots on your skin. Heat has long been used to ease muscle tension and pain. It helps increase blood flow to the affected area. It may also reduce muscle spasms and increase flexibility and range of motion. It can reduce stress and anxiety and promote better sleep. Anyone who is experiencing muscle tension and pain, insomnia, or stress may benefit from a hot stone massage. A hot stone massage is not ideal for anyone with diabetes, on blood thinners, with severe bone conditions or with sensitive skin or if you are pregnant. **60 minutes (minimum) £55.00 or 90 minutes £70.00**



**Back, head and shoulders massage.** Many people hold a lot of tension in their upper body. Working in front of a computer or doing a lot of driving can leave us hunched up with tight muscles. This can lead to pain and headaches and result in a lack of mobility, sometimes affecting our sleep patterns. This treatment focuses on the key muscles, stretching and stimulating, leaving you feeling relaxed and refreshed. **60 minutes £50.00 or 30 minutes £30.00**



**Balinese massage.** This treatment is a full-body, deep-tissue, holistic treatment. Balinese massage techniques work to soothe damaged tissue, and relieve strained muscles and joint pain. The treatment uses gentle stretches, strokes and kneading and acupressure points to relieve tension and improve circulation. Expect firm pressure, in order to work on deep, knotted tissue and muscle damage. Afterwards you should feel relaxed, refreshed and re-energised. **60 minutes £50.00**



**Facial and scalp massage.** This is a very relaxing treatment. It covers the key pressure points on the face which can help relieve blocked sinuses. This is an area of the body that in general receives little attention but the muscles on our head and face work hard so this stimulates them and encourages good circulation. Work on the scalp can encourage hair growth and work on the neck eases the build-up of tension that often leads to headaches. **45 minutes £40.00 or 30 minutes £30.00**



**Hand and foot massage.** Feet and hands are often neglected. This treatment gives them special attention. Pressure points and deeper friction work can ease tight muscles in the ankles, feet, wrists and fingers. Passive movements can help with mobility and flexibility and soothing strokes provide relief and improved circulation. The treatment starts with a gentle cleansing routine and uses hot stones to bring warmth and comfort. **30 minutes £30.00**



**Pregnancy massage.** This nurturing treatment provides a safe, comfortable, and gentle massage experience for the whole body. During pregnancy muscular aches and pains may be felt as a result of the changes in the body and massage offers a welcome chance to relax. The treatment involves the client lying on her back and side supported by pillows. Pregnancy massage is suitable after the first trimester. Karen is fully qualified in Pregnancy massage. **60 minutes £50.00**



**Clothed massage.** Lovely long stretches and deep muscular work or gentle warming touch can be delivered through loose and comfortable clothing. You can lie on the couch or have a seated massage and enjoy the benefits of massage without having to undress or having oil applied. A great introduction to massage or for those recovering from illness. Long sleeved cotton tops and trousers are recommended. **60 minutes £50.00**