



Aldeburgh Mobile Massage

Professional Therapeutic & Remedial Massage
Practising since 1995

Treatment List – 2019

Deep Tissue Massage

Deep tissue massage is more than just a massage with deep pressure. The goals and techniques focus on realigning the deeper layer of muscles and connective tissues. Designed to help sportsmen recover after exercise, it works by physically breaking up adhesions in the muscle to relieve pain and helps to restore correct movement. The therapist employs thumbs, forearms and elbows to work muscle tissue and relieve tension, the deeper pressure is beneficial in releasing chronic muscle tension and stretching helps shorten recovery time after muscle strain. This massage is one of the most effective ways to prevent and treat muscle injuries, pain and soreness. **

Remedial Massage

Both Sports and Remedial Massage are a deep tissue massage, used to treat chronic muscular-skeletal imbalances, strains, sprains, broken bones, bruising or any injury where the skin is intact. Deep tissue massage removes blockages, damaged cells, scar tissue and adhesions left after injury, speeds up recovery and encourages more complete healing. Remedial massage is also used for conditions created by lifestyle for example repetitive strain injury and back pain. It is designed to increase the flow of blood and lymph, particularly in the injured areas.

Combination Massage

MY most popular massage! This therapeutic massage blends the best of Thai Massage and Deep Tissue Massage in a single session. Promoting blood circulation in stress zones, this massage is ideal for alleviating general tension, sports related pain and chronic muscle conditions. Combining Thai stretching with the deep pressure and relaxation of Swedish massage will untie stubborn knots in your body. To start warming up the body with Thai stretches followed by spreading massage oil to remove tensions. The combination of these techniques will relieve stressful lesions along the body and relaxes the muscles to help specific problems, such as chronic muscle pain & injury rehabilitation.**

Holistic Massage

Holistic massage is a cleansing, powerful massage that may assist in balancing you on many levels – physical, emotional and spiritual. It will deepen the breath, calm the mind and reduce the effects of physical and emotional stress on the body. Holistic massage aids physical and mental relaxation and promotes well-being by stroking, kneading and pressing the soft tissues of the body. Incorporating Reiki healing and a variety of bespoke massage techniques inspired by lomi lomi help in the relief of stress and associated symptoms such as anxiety, depression, headaches and insomnia.

Thai Yoga Massage

Thai Yoga Bodywork is a wonderful holistic treatment performed on a Kapok mat in loose clothing, to stretch in a wonderful, relaxing flow of movements which releases aches, tensions and pain. The practitioner uses thumbs, palms, elbows, knees and feet to apply a combination of acupressure, gentle rocking and twisting, joint and spine mobilizations and assisted yoga stretches. With the therapist using bodyweight instead of strength and a steady and meditative rhythm. Having a Thai stretching session is like doing yoga without the effort. It's both energizing and relaxing.

Aromatherapy Massage

Aromatherapy uses fragrant oils extracted from herbs, flowers and fruits to naturally enhance the benefits of massage. Before each session begins, you can choose one of the unique oil blends to be used in your massage. I use a variety of relaxing massage techniques to bring a sense of calm and stillness to the treatment. Aromatherapy massage is particularly suited to conditions involving stress or improving emotionally-related conditions. Using a choice of four pre-blended oils by Tisserand, which are Vegan Society approved.

Energy Blend - Ideal to give you a boost | De-Stress - Ideal after a hectic day | Muscle ease - Ideal to soothe aching muscles | Sweet Dreams - Ideal to help you unwind

Hot Stone Massage

Hot stone therapy is where basalt stones are heated and applied to the body providing a highly relaxing, stress reducing massage. The treatment promises to truly harmonise, restore and invigorate the body at its deepest level. The treatment incorporates traditional touch techniques in addition to the placement of the hot stones. Combining hot stone protocols with a full body massage provides a very healing and effective experience. The hot stones also expand blood vessels, which encourages blood flow throughout the body. The hot stones have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.

Hot Oil Relaxation Massage

Relax with your choice of hot aromatherapy oil or organic coconut oil. Both warm and fragrant; this massage will help you relax and unwind from everyday stress & leave your skin soft & smooth. Using bespoke massage techniques to relax the mind and body.

Swedish Massage

Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension. Swedish massage techniques include circular pressure applied by the hands and palms, firm kneading, percussion-like tapping, bending and stretching. Massage aids the circulation to supply more oxygen and nutrients to tissues and improve skin tone, and stimulates the lymphatic system, which carries away waste products that can cause pain and stiffness in muscles and joints.

Thai Fusion + Aromatherapy

A combination of Original Thai massage & Aromatherapy. This type of massage helps the mind and muscles relax by combining firm stretches with relaxing oil. Using Tisserand Professional pre-blended oils, which are vegan society approved.

Thai Foot Massage

Thai foot massage is the application of pressure onto particular areas of the soles of the feet. A reflex action in another part of the body is stimulated by the manipulation of each specific area. Foot reflexology massage uses hands, fingers, thumbs, knuckles, and a rounded wooden stick with lotion or oil. Thai Foot Massage is great for tired feet, improving circulation and lymphatic drainage in the feet and lower legs, and improving flexibility. It is designed to balance the body's energy system and is effective relieving pain and many other health problems. It is used as a tool for maintaining good health and well-being leaving you feeling relaxed, balanced and invigorated.

PRICE LIST 2019

30 | 45 | 60 | 90 minutes - £30 | £45 | £60 | £85

*You will be asked to fill out a client consultation form prior to your treatment/s.
** You can chose to have your treatment on a massage table or massage mat.



GET IN TOUCH

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