



Natural State Therapies

~ Roy's Treatments ~

Deep Tissue Massage

Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints).

Treatment durations available: 30 mins / 60 mins / 90 mins

Thai Massage

Thai Massage is an ancient and unique form of body therapy incorporating deep stretching and rhythmic compression in a 'dance like' transmission of energy. It affects the whole body by increasing flexibility, releasing both deep and superficial tension, and helping the body's natural energy to flow more freely. The experience of a Thai Massage leaves one feeling both relaxed and energised at the same time.

Treatment durations available: 30 mins / 60 mins / 90 mins

Lomi Lomi Massage

The massage is performed with flowing, rhythmical motions and has been described as feeling like gentle waves moving over the body, giving the impression the whole body is being massaged at the same time. The stimulating effects of Lomi Lomi massage strokes help to increase circulation, which will increase the flow of energy around the whole body. This form of full body massage is fairly unique and unlike any other conventional massage. *(Please note that this massage technique uses extremely minimal draping.)*

Treatment durations available: 60 mins / 90 mins

Indian Head Massage

Indian Head Massage is based on the ancient Ayurvedic healing system, and this tradition is still carried out in modern India today. A person born in India can expect to be massaged regularly from their birth to their death by members of their family. The head, more than any other part of our body represents who we are. It is the centre of our nervous system, and home to our identity and intelligence. If our head feels good, we feel good!

Treatment durations available: 30 mins

~ Gill's Treatments ~

Aromatherapy

Aromatherapy is the practice of using aromatic plant extracts and essential oils to promote health and wellbeing. During an aromatherapy massage, you inhale the essential oil molecules and absorb them through your skin, to enhance mind, body and spirit.

Treatment durations available: 30 mins / 60 mins / 90 mins

Pregnancy Massage

Massage therapy during pregnancy is a wonderful complementary choice for prenatal care. It is a healthy way to reduce stress and promote overall wellness. Massage relieves many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps, headaches and oedema.

Treatment durations available: 30 mins / 60 mins / 90 mins