



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

Hot and Cold Stone Massage

Working in harmony with massage, this hot and cold stone massage technique places the stones on the client's body and also in the therapist's hands. Using stones can penetrate the muscle fibres to a deeper level than manual massage alone, allowing it to be more effective for the client.

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 ~

Acupuncture

Acupuncture is a complementary therapy that involves the insertion of fine needles into the body. Originating in China about 5,000 years ago, this form of holism was based on centuries of clinical observations that led to the identification of symptomatic patterns and associated acupoints on the body.

The Chinese suggested the concept of Qi, a flow of energy that courses through the body via a circuit of meridians which can be accessed by acupoints. Each meridian resonating more with one type of organ or bodily system, encouraging the flow of blood in the process and stimulating the release of the body's own natural pain relief in the form of endorphins.

By focusing on its homeostatic quality, acupuncture can help balance both mind and body to revitalise and improve inner well-being.

Treatment durations available: 60 mins

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: 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 and leg cramps.

Treatment durations available: 60 mins