

BODYWORKS THERAPY

at Lindeth Howe

Sports & Body Therapy

Treatment Room

The new treatment room is situated in the pool area.

With full use of the changing facilities and showers.



The Treatments:

- ◆ **Back , Neck & Shoulder Stress Release Massage** - A deep relaxing massage to help ease stress and tension 30 mins - £30 or 1 hour - £45
- ◆ **Full Body Massage** - Swedish massage that relieves tension and boosts blood circulation 1 hour - £45
- ◆ **Injury Treatment** - Injury treatment for problems with lower back, tennis/golfer elbow, shoulder problems, common overuse injuries, etc. - £45
- ◆ **Remedial Massage** - Deep muscle massage focusing on specific problem areas, injured or strained muscles - £45
- ◆ **Sports Massage** - Sports specific massage focusing on the muscle groups related to your specific sport - £45



Indian Head Massage

- Relaxing
- Helps to lower blood pressure
- Helps relieve mental fatigue.
- Helps relieve pain.
- Reduces stress and anxiety.
- Helps promote sleep.
- Creates a feeling of balance and calm.



Different oils can be used for Indian Head Massage.

- **Jasmine:** gives hair lustre and shine.
- **Coconut:** moisturises dry skin. Makes hair look vibrant.
- **Grape seed:** suitable for all skin types.

£45

PLEASE BOOK EARLY TO
AVOID
DISAPPOINTMENT
On
015394 45759

All Treatments provided by
**BODYWORKS
THERAPY**

Sara Staniek IIST IHHHT

To avoid any embarrassment underwear must be worn whilst having treatments, unless specified.
Intolerable behavior will result in treatments being terminated and payment will be paid in full.