

## Treatments - Relaxing

Sometimes you just want to relax and be pampered, and having trained as a beautician originally, I love doing relaxing treatments. They may be therapeutic as well, of course!

### Aromatherapy

This treatment is now a household name and needs no explaining. You will have different oils at each treatment, specifically blended for your needs every time. This is combined with the "acupressure" massage described below.

### "Acupressure" massage

Having been working with both Shiatsu and massage since the 1970's I naturally bring acupuncture points and meridians into my massage. This makes the massage more beneficial and relaxing to receive; it revives flagging energy or soothes away aches and pains. Combined with the fragrant oils, it makes a luxurious treatment lasting about 1 1/4 hours

Cost of aromatherapy with acupressure massage: £35.00