



## Ribblesdale Park

# Massage Treatments

**Kick start your holiday and indulge in a massage in the comfort of your own lodge/cottage bedroom with our very own qualified massage therapist, Harriet. Call Harriet anytime to book an appointment (07825 370 322)...same day bookings are a possibility but the more warning you are able to give her the more chance she can come at your desired time.**

### Prices

**60 minute massage £30.00**

**90 minute massage £50.00**

Sports/Deep Tissue Massage – very popular to relieve tired, sore and tense muscles. A deep-tissue massage helps loosen muscle tissues, release toxins from muscles and encourage blood and oxygen to circulate properly.

Relaxation Massage – the aim of this type of massage is to relax you! A full body massage focusing on long, slow massage strokes, which will leave you oozing with a sense of wellbeing.

Aromatherapy Massage – similar to the above but using aromatherapy oils. The essential oils used are obtained from plants; all the oils have a special effect on the body and systems.

Pregnancy Massage – I am fully qualified to work with pregnant women, this is a very different massage but the principles are the same. Very relaxing and helpful to ease stress and tension caused by carrying the extra weight.

## Benefits of Massage

- Help with relaxation
- Stimulate the body's circulatory system
- Nourish organs of the body
- Reduce lower back pain and other bodily aches
- Promote good digestion
- Increases range of motion
- Physical relaxation of the soft tissues can lead to mental relaxation

- Decrease illness-related fatigue
- Helps immunity by increasing white blood cells
- Improves recovery after post-operative surgery
- Alleviates age related disorders
- Helps with sleeping problems
- Balances emotions
- Improve posture and general body awareness

## CONTACT HARRIET NOW ON...

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Member of the CThA

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