

Massage & Skin Brushing Offers until the end of 2012!

Massage

- **Relaxing & an emotional pick up** - relaxes body, mind & soul! An excellent stress aid
- **Detoxifying** - Increases the circulation so increases detoxification of the body; making the body more alkaline
- **Builds good Immunity** – Aids any ails as it increases lymph & blood circulation -
- **Weight Loss** - detoxification of the body, eliminating metabolic waste.
- **Eases Pain** – Eases aching/tired joints & muscles. Helps back pain and migraine, decreasing the need for medication.

Skin Brushing

10 minutes a day to do and something that can be done every day on your-self at home!

- More cleansing than soap and water
- Toning for the body
- Detoxifying & stimulates the lymphatic system to dump toxins

OFFERS – 20% off!

Full body massage (usually £50 for 1 ½ hrs **NOW £40**)

Back massage (usually £30 for ¾ hr **NOW £24**)

Skin brushing - add an extra £5 extra 10-15 mins

Book 4 treatments & get a 5th free! (i.e. body massage @ £40 hence 4 at £160)

Taster Sessions: For bookings made in October & November- 15 minutes back massage only £10!

Gift vouchers will be available in time for Christmas, should you wish to treat a loved one!