

Spa Treatments



Relax... Unwind... Indulge

- Treatment rooms are located in the Indoor Activity Centre.
- Clients are requested to arrive 5 minutes before their appointment and wait in the upstairs lounge.
- Therapists are to be paid directly on the day of treatment by cash or bank transfer. Charges will apply for any late cancellations.

Treatments

MASSAGE THERAPIES

- AROMATHERAPY
- AROMA-SWEDE
- SWEDISH FULL BODY MASSAGE
- BACK, NECK AND SHOULDER MASSAGE
- BACK, NECK AND SHOULDER MASSAGE WITH MINI FACIAL
- INDIAN HEAD MASSAGE
- THAI HOT HERBAL COMPRESS MASSAGE
- MUM-TO-BE TLC PACKAGE
- GOLFER'S MASSAGE
- DEEP TISSUE SPORTS MASSAGE
- REMEDIAL AND SPORTS MASSAGE THERAPY

HAND AND FOOT TREATMENTS

- MANICURE/ PEDICURE
- OPI GELCOLOR MANICURE/PEDICURE
- ESSENTIAL HAND AND FOOT TREATMENT
- REFLEXOLOGY
- TIBETAN HAND AND ARM MASSAGE
- THAI FOOT MASSAGE

FACIAL TREATMENTS

- BOTANICALS FACIAL
- FACE THE WORLD SIGNATURE FACIAL

OTHER THERAPIES

- HOPI EAR CANDLES
- ESSENTIAL BACK TREATMENT
- ESSENTIAL BODY TREATMENT
- REIKI

TEEN PAMPER TREATMENTS, AGES 12-16

- TEEN ANGEL FACIAL
- TEEN BOY'S FACIAL
- TEENIE TOES
- FAB FINGERS
- BACK, NECK, SHOULDER AND HEAD MASSAGE
- TOTALLY TEENS PACKAGE
- TEEN'S STARTER MAKE-UP LESSON

BABY TREATMENTS

(lessons for parents, babies are not treated)

- POSITIVE TOUCH BABY MASSAGE
- POSITIVE TOUCH BABY YOGA
- BABY REFLEXOLOGY

Massage Therapies

AROMATHERAPY

A combination of relaxing massage and essential oils.

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| Full Body | 1 ¼ hours | £52.00 |
| Luxury Full Body (includes head and face) | 1 ½ hours | £57.00 |

AROMA-SWEDE

A cross between an Aromatherapy Massage and a Swedish, with the deeper pressure of a Swedish but the slow relaxing speed of Aromatherapy.

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| Full Body | 1 ¼ hours | £52.00 |
| Luxury Full Body (includes head and face) | 1 ½ hours | £57.00 |

SWEDISH MASSAGE

| | | |
|--|-----------|--------|
| Full Body | 1 hour | £45.00 |
| Luxury Full Body (includes head and face) | 1 ¼ hours | £50.00 |
| Back and Legs | 1 hour | £45.00 |

BACK, NECK AND SHOULDER MASSAGE

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| A seated massage. Finishing with a steaming hot towel, the treatment can include face, hand or foot massage | 1 hour | £45.00 |
| As above, with mini Botanicals facial | 1 hour | £47.00 |

INDIAN HEAD MASSAGE

| | | |
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| A strong but gentle massage which works on the upper back, neck, shoulders, arms, head, face and ears to relieve stress and tension. Soothing hand massage to finish. | 1 hour | £45.00 |
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THAI HOT HERBAL COMPRESS MASSAGE

A luxurious therapy involving traditional massage and steamed herbal compresses applied to the skin in gentle pressing, patting, pounding or rolling movements. This treatment brings about a deep sensation of comfort and warmth whilst stimulating the body to detoxify and heal itself.

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| Full Back, Neck and Shoulder treatment | 1 hour | £57.00 |
| Full Back, Neck, Shoulder and Leg | 1 ¼ hours | £67.00 |
| Full Body | 1 ½ hours | £72.00 |
| Luxury Full Body including Head & Face | 1 ¾ hours | £78.00 |

MUM-TO-BE T.L.C. PACKAGE

Designed to pamper mums-to-be and suitable after the first three months of pregnancy.

| | | |
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| Seated back, neck, shoulder and head massage followed by mini Botanicals facial and hand/arm or foot/leg massage | 1 hour | £47.00 |
| As above with foot soak and heated boots | 1 hr 20 mins | £55.00 |

GOLFER'S MASSAGE

Personalised to meet specific needs and designed to ease tension and increase flexibility.

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| Massage of back, neck, shoulders, forearms and feet, tailored to individual needs. | 1 hour | £45.00 |
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DEEP TISSUE SPORTS MASSAGE

Great for those of you who are active, injury prone or just looking to get your body ironed out!

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|------------------------------|--------|--------|
| Tailored to individual needs | 1 hour | £55.00 |
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REMEDIAL AND SPORTS MASSAGE THERAPY

A form of deep tissue massage. Using a variety of soft tissue techniques, tension can be released in areas of tightness or “knotting” of fibres (adhesions). Suitable for anyone (sporting or non-sporting) suffering with pain or discomfort.

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| Tailored to individual needs | 1 hour | £55.00 |
| | 30 mins | £35.00 |

Hand and Foot Treatments

MANICURE

Nails are filed and shaped, cuticles tidied, hands massaged and nails polished with a base coat, two coats of chosen OPI colour and top coat.

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|---|----------------|--------|
| Standard Manicure | 1 hour | £40.00 |
| Manicure with French polish | 1 hour+ | £47.00 |
| Luxury Manicure including hand exfoliation and heated mitts | 1 hour 20 mins | £52.00 |

PEDICURE

Nails are filed and shaped, cuticles tidied, feet massaged and nails polished with a base coat, two coats of chosen OPI colour and top coat. Please wear flip-flops so polish is not damaged!

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|---|----------------|--------|
| Standard Pedicure | 1 hour | £42.00 |
| Pedicure with French polish | 1 hour+ | £49.00 |
| Luxury Pedicure including foot soak, exfoliation and heated booties | 1 hour 20 mins | £55.00 |

OPI GELCOLOR MANICURE

GelColor by OPI cures in 30 seconds and lasts up to two weeks.

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|--|---------|----------------|
| Standard | 1 hour | £47.00 |
| Manicure with French polish and nail art | 1 hour+ | Minimum £47.00 |
| Removal of existing gel polish | | £10.00 |

OPI GELCOLOR PEDICURE

Nails filed and prepped, gel applied and finished with soothing foot massage.

| | | |
|--|---------|----------------|
| Standard | 1 hour | £47.00 |
| Pedicure with French polish and nail art | 1 hour+ | Minimum £54.00 |
| Removal of existing gel polish | | £10.00 |

ESSENTIAL HAND AND FOOT TREATMENT

Hand and foot luxury! Ideal for dry skin and arthritic conditions. Hands and feet will be soaked, exfoliated, buffed and covered with a mask. They will then be placed in heated mitts/booties and finally massaged.

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| Standard treatment | 1 hour | £45.00 |
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REFLEXOLOGY

Working on reflexes in the hands and feet which correspond to all organs, glands and body parts, this treatment stimulates the circulatory and lymphatic systems and helps flush away toxins. Can relieve stress, muscular tension, revitalise energy and provides total relaxation.

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| Standard treatment | 1 hour | £45.00 |
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TIBETAN HAND AND ARM MASSAGE

A hands-on massage with oil to treat hands, arms and shoulders. Includes hands in heated mitts. Especially suitable for those who use their hands often for repetitive tasks, manual sports and keyboard work or more heavy usage such as mechanical or physical labour.

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| Standard treatment | 1 hour | £45.00 |
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THAI FOOT MASSAGE

An ancient holistic treatment. All parts of the feet are included as well as lower legs. Massage involves stretches and stimulation of reflex points. Please wear loose fitting trousers that can be rolled up.

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| Standard treatment | 1 hour | £45.00 |
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After Care Advice for Massage & Reflexology

To aid the healing process and to get the maximum benefit from your treatment you are advised to:

- Drink plenty of water as this helps the body flush away excess toxins and waste released by the massage
- Avoid eating a heavy meal for up to 2 hours after massage as blood will be diverted to digestion rather than carrying oxygen and nutrients to other parts of the body and getting rid of waste. Light snack is fine.
- Avoid stimulants such as coffee, tea and cola. If this can't be avoided, please compensate by having an extra glass of water.
- Avoid alcohol and smoking for up to 24 hours.
- Rest and relax after treatment.
- If oils have been used in your hair apply shampoo to hair before wetting it, this will help dissolve the oil easier.

Facial Treatments



BOTANICALS ORGANIC NOURISHING OR BALANCING FACIAL

Skin will be deep cleansed, toned and gently exfoliated. You will then enjoy a shoulder and neck massage and shiatsu facial massage before a mask is applied to the face. During the mask treatment enjoy a hand or foot massage or upgrade to a hand or foot treatment with mask and heated mitts or boots. The face mask will be removed with hot cloths and finally moisturiser and eye serum will be applied.

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| Standard treatment | 1 hour | £45.00 |
| Treatment with heated mitts or boots | 1 hour | £50.00 |
| Treatment with Thai Foot Massage or Tibetan Hand and Arm Massage | 1 hour 20 mins | £55.00 |
| Express Facial with back, neck and shoulder massage | 1 hour | £47.00 |



FACE THE WORLD®

SIGNATURE FACIAL

This unique treatment comprises five elements choreographed by a specially created and patented CD which will transport you to the different parts of the world where the products being used will be representative of those places (i.e. The Rainforest, Australia, Tibet, The Ocean and South Africa). Cleansing, exfoliating and massage are included in the first three stages. During “The Ocean Drench”, clients can choose a mini treatment of Indian Head Massage, Thai Hand Massage or Tibetan Foot Massage. The final moisturising stage will give your skin the moisture it needs to maintain youthfulness and wellbeing.

The products are paraben-free, cruelty-free, ethically sourced and manufactured in the UK.

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| Full treatment | 1 hour | £47.00 |
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Other Therapies

HOPI EAR CANDLES

Quite different from conventional wax candles, a Hopi ear candle is actually a cotton tube, impregnated with beeswax, honey and therapeutic oils. This is painlessly inserted into the ear to draw out impurities, relieve pressure in the head and sinus and aid hearing problems.

Hopi candles can be used to help many conditions including deafness caused by excess wax, congested sinuses, irritation in the ears, ringing or noises in the ears, tinnitus, rhinitis, glue ear, colds, flu, headaches and migraines. It is a deeply relaxing, calming and soothing experience and is particularly beneficial before and after a flight, or after frequent flying and sports such as diving. It is also suitable for children.

It is important to note that the candle does not suck wax out of the ear; it stimulates the ear to eliminate the wax naturally, ensuring maximum safety.

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| Hopi Ear Candle Treatment | 1 hour | £45.00 |
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ESSENTIAL BACK TREATMENT

Back and upper arms will be cleansed, exfoliated and mask applied then back and arms will receive a relaxing massage. Upper arms are often neglected, this treatment can help get rid of bumpy, rough skin that often accumulates here. Exfoliation helps get rid of dry, dead skin cells that leave the skin dull allowing new skin cells to replenish. Massage eases the stress and tension held in the upper back area. Perfect treatment for getting your back and upper arms ready for the summer or that special event!

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| Essential Back Treatment | 1 hour | £47.00 |
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ESSENTIAL BODY TREATMENT

This full body exfoliation and massage help gets rid of dull, rough skin and allow your skin to glow and replenish.

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| Essential Body Treatment | 1 ½ hours | £67.00 |
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REIKI

Reiki is a wonderful, relaxing treatment that promotes the body's natural healing process to restore balance and harmony in all areas. It can be used to reduce stress, improve energy levels and to bring about positive feelings of contentment and inner peace.

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| Treatment | 1 hour | £45.00 |
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Packages and Treatment Lists for Ladies

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|--|-------------------|-------------------------|
| <p>EXPRESS PACKAGE (minimum of 2 people) This package is perfect for larger groups or those short on time. Treatment includes consultation time. Clients should remove any nail polish before arriving for express treatments if choosing manicures or pedicures. <u>CHOOSE</u> either <u>TWO</u> 15 minute treatments or <u>ONE</u> 30 minute treatment from the treatment list.</p> | 30 mins | £25.00 per person |
| <p>BLISS PACKAGE This package is ideal if you intend spending more time relaxing and being pampered. Each lucky person will enjoy an hour of pampering. <u>CHOOSE</u> either <u>TWO</u> 30 minute treatments or <u>ONE</u> 45 minute treatment and <u>ONE</u> 15 minute treatment each.</p> | 1 hour | £45.00 per person |
| <p>INDULGENCE EXPERIENCE This package is ideal for those in need of quality YOU time and desperate for some well-deserved pampering. <u>CHOOSE</u> either <u>THREE</u> 30 minute treatments or <u>TWO</u> 45 minute treatments from the treatment list.</p> | 1 hour 30 mins | £67.00 per person |

15 MINUTE TREATMENTS

Hand treatment (hands in heated mitts with nourishing hand treatment cream)

Foot treatment (feet in heated booties with nourishing foot treatment cream)

Relaxing hand and arm massage

Soothing foot massage

Facial massage

Upper back, neck and shoulder massage

Scalp, upper back, neck and shoulder massage

30 MINUTE TREATMENTS

Mini manicure (file and polish)

Mini pedicure (file and polish)

Mini facial (cleanse, tone, exfoliate and short face massage while applying moisturiser)

Hand treatment (exfoliate, hydrating hand mask, hands in heated mitts, finish with hand massage)

Foot treatment (foot spa soak, exfoliate, hydrating mask, feet in heated booties, finish with foot massage)

Back, neck and shoulder massage

Scalp, back, neck and shoulder massage

Mini Reflexology/ Thai Foot Massage/Tibetan Hand Massage

Leg massage

45 MINUTE TREATMENTS

Mini manicure with short hand massage

Mini pedicure with short foot massage

Facial including Shiatsu facial massage

Essential Back Treatment

Back, neck and shoulder massage

Back and leg massage

Indian Head massage

Reflexology/Thai Foot Massage/Tibetan Hand
Massage

Hopi Ear Candling

OPI Gel manicure/pedicure can be added for
extra £7

Packages and Treatment Lists for Gents

| | | |
|---|-------------------|-------------------------|
| <p>EXPRESS PACKAGE (minimum of 2 people) This package is more suitable for larger groups or those short on time. Treatment includes consultation time. <u>CHOOSE</u> either <u>TWO</u> 15 minute treatments or <u>ONE</u> 30 minute treatment from the treatment list.</p> | 30 mins | £25.00 per person |
| <p>REBALANCING PACKAGE This package is ideal if you intend spending more time relaxing and being pampered. <u>CHOOSE</u> either <u>TWO</u> 30 minute treatments or <u>ONE</u> 45 minute treatment and <u>ONE</u> 15 minute treatment each.</p> | 1 hour | £45.00 per person |
| <p>GENTS "MOT" PACKAGE This package is ideal for those in need of quality YOU time and desperate for some well-deserved pampering. <u>CHOOSE</u> either <u>THREE</u> 30 minute treatments or <u>TWO</u> 45 minute treatments from the treatment list.</p> | 1 hour 30 mins | £67.00 per person |

15 MINUTE TREATMENTS

Hand treatment (hands in heated mitts with nourishing hand treatment cream)

Foot treatment (feet in heated booties with nourishing foot treatment cream)

Relaxing hand and arm massage

Soothing foot massage

Facial massage

Upper back, neck and shoulder massage

Scalp, upper back, neck and shoulder massage

30 MINUTE TREATMENTS

Manicure (nail maintenance and hand massage)

Pedicure (foot spa, nail maintenance and foot massage)

Express facial (cleanse, tone, exfoliate, mask and short face massage while applying moisturiser)

Hand ritual (exfoliate, hydrating hand mask, hands in heated mitts, finish with hand massage)

Foot ritual (foot spa soak, exfoliate, hydrating mask, feet in heated booties, finish with foot massage)

Back, neck and shoulder massage

Scalp, back, neck and shoulder massage

Express Reflexology/ Thai Foot Massage/Tibetan Hand Massage

45 MINUTE TREATMENTS

Facial including Shiatsu face massage

Essential Back Treatment

Back, neck and shoulder massage

Back and leg massage

Indian Head massage

Reflexology/Thai Foot Massage/Tibetan Hand
Massage

Hopi Ear Candling

Golfer's foot renewal (includes foot ritual and
pedicure or leg massage)

Teens Pamper Treatments

These treatments are suitable for ages 12-16. An adult will need to be in attendance at all times.

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| TEEN ANGEL FACIAL Deep cleanse, tone, exfoliation to remove dead skin cells, mask and light facial massage and moisturiser and some skin care advice | 30 mins | £22.00 |
| TEEN BOY'S FACIAL (as Teen Angel) | 30 mins | £22.00 |
| TEENIE TOES Nail tidy, foot massage and polish | 30 mins | £22.00 |
| FAB FINGERS Nail tidy, foot massage and polish | 30 mins | £22.00 |
| BACK, NECK SHOULDER & HEAD MASSAGE | 30 mins | £22.00 |
| TOTALLY TEENS Mini facial and upper back, neck and shoulder massage, toe or fingernail polish | 1 hour | £42.00 |
| TEEN'S STARTER MAKE-UP LESSON Learn basic skincare preparation, product knowledge, make-up and beauty tips plus easy application techniques for a clean, natural look that your teen can easily achieve themselves. Party looks can be covered as well and they will go away with a step-by-step make-up chart to keep. It is a good idea that the teen brings their own make-up along to the lesson and we can look at what they are using already and guide them in the right direction. | 1 ½ hours (approx) | £62.00 |

Any 30-minute treatment must be booked alongside an adult treatment or more than one teen.

Finger and Toe Polish also available for under 12's. Please ask for details.

Positive Touch Baby Massage

Baby Massage can help new mothers, fathers and carers give their infant the best possible start in life, promoting both health and the feeling of security that all babies crave. Some of the main benefits of both massage and yoga include:

- alleviates the common symptoms of colic, teething, painful wind and constipation
- aids in soothing teething pains, wind and constipation pain and related stress
- encourages babies to sleep better and for sustained periods
- provides a relaxing activity for both mother and baby increasing production of oxytocin, our feel-good hormone, and reducing stress.
- can help reduce post-natal depression and help baby and mother or father to improve that special bond and attachment
- boosts self-esteem and self confidence in new mothers, helping to understand baby's verbal and non-verbal cues
- helps stimulate baby's important health system and functions including their immune system, co-ordination, muscle development and suppleness, respiration, digestion, learning and language development

The massage sessions are usually run as a weekly course for 5 weeks but while visiting Morton of Pitmilley, the session will be a one to one private lesson aimed towards your own personal needs. The sessions are informal and fun with plenty of rhymes and poems and are designed to introduce both parent and baby to massage in a clear and easy to follow way. You will be shown how to massage your baby on a demonstration doll and you will copy the techniques on your baby.

IMPORTANT: sessions are baby led and their needs always come first, parents should only begin a massage session if their baby is happy to co-operate.

Baby massage can be started from birth until actively crawling pre-toddler age.

Positive Touch Baby Yoga

The style of baby yoga taught is based on Hatha yoga – the union of balance of body and mind. We also incorporate dry massage, soft stretches and gentle movements making this appropriate for babies, ensuring it's a fun and rewarding experience for both parent and baby.

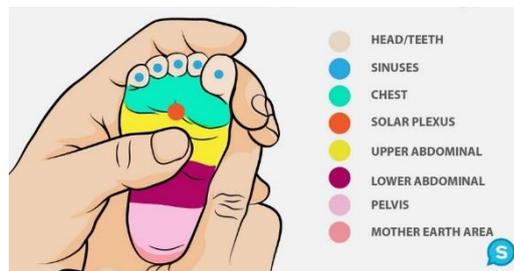
Tension can block the flow of energy and cause the body to tighten and become painful. Yoga can help release blockages of tension in the body. For example, a colicky baby may have tension in the digestive system. Baby yoga can help relieve this and has similar benefits to baby massage.

Yoga sessions can be taken from around 6-8 weeks old after baby has had their 6-week check up to approx. 16-20 weeks old then they will advance on to the older baby session from 16-20 weeks. I will teach the yoga moves with my demonstration doll while you copy and learn on your own baby. Sessions are all baby led and only continue if your baby is happy and contented.

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| Positive Touch Baby Massage or Baby Yoga Consultation and session | 1 hour (approx.) | £40.00 |
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Positive Touch Baby and Infant Reflexology

Learn how foot and hand reflexology can help with some issues your baby may suffer from. Your baby's feet and hands are divided into different zones; by applying pressure to certain areas, you can help soothe, comfort and provide relief from discomforts while bonding with your baby.



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|--------------------------|---------------------|--------|
| Consultation and session | 1 hour (approx.) | £40.00 |
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Baby massage, yoga and reflexology can be done with more than one baby at a time, please ask for details.

The intensive Hands on Baby instructor training courses completed by our therapist are accredited by the Royal College of Midwives, the Complementary Therapists Association, Embody, the International Institute for Complementary Therapists and the Independent Professional Therapists International (IPTI).

Contra-indications

Contra-indications are conditions that may prevent treatment from taking place or mean extra care would be taken during your treatment.

Total or Partial Contra-indications

- High temperature or fever. Drunk or under the influence of other drugs. NO treatment can take place.
- Athletes Foot, fungal nail infections. NO treatment for any foot or hand treatments.
- Infections, skin disorders like weeping eczema on the area to be worked on.
- Contagious illness such as Conjunctivitis, cold sores (facial treatments).
- Verruca, warts (area will be avoided) depending on severity.
- Recent surgery, depending on the severity of surgery it can be 3 to 6 months after the operation before treatment can take place. If minor, area can be avoided.
- Broken bones or recent breaks or fractures.
- Procedures such as Botox if in the previous 3 weeks (for facial treatments).
- Pregnancy – NO massage of any kind in the first 3 months or if there is a history of miscarriage or other complications.
- Heart conditions.
- High/low blood pressure.
- Known blood clots.
- Osteoporosis.
- Varicose veins.
- Allergies.
- Bruising.

Clients should make sure they are well hydrated prior to treatment.

Contra-actions

You will feel very relaxed after a treatment, however sometimes either during or after a treatment you may feel tired, dizzy, nauseous, emotional, have a headache or general aches and pains, disturbed sleep or deeper sleep and possible increased mucus in the nose. You may also feel the need to urinate more frequently. Although you may not experience any of these reactions, you should be aware that they might occur. These reactions are normal and are called a “healing crisis” where the body is reacting to the flushing away of toxins and re-balancing itself. Don’t be alarmed if you feel strange or different after your massage, as these symptoms won’t last long. However, if you faint, vomit or have diarrhoea, please seek medical advice.

Meet our Therapist

Eileen started as the main therapist at Morton of Pitmilley when our treatment rooms first opened in 2011. She has been in the beauty industry since 1988, specialising in bridal makeup as well as the many treatments offered here. She is a member of the Federation of Holistic Therapists (FHT) which is a leading professional association for therapists and she is also listed on an Accredited Register independently approved by the Professional Standards Authority.



Eileen looks forward to meeting you when you book one or more of our fantastic treatments.

Remember, if you don't have much time to fit in a longer treatment, take a look at the **Express 30-minute Treatments**.