

Massage

What type of massage would you like?

There are all sorts of massages: sports massage, deep tissue massage, detoxifying massage, Indian head massage, massage for Pregnancy, menstrual-menopause, Therapeutic, Stress-relief, shiatsu (what's that?) Lymph drainage, and Reflexology. So many to choose from, what one, do you need?

Here at Elaine's, we will consult and discuss what you need – find what your body and mind require. You may sit or lie down for the treatment. You are covered, on a special couch, in a warm room, subdued lighting and atmosphere to reflect the mood, music if you like. When time is not an issue a long, luxurious massage can take up to an hour. We can work to your schedule – we offer a quick 20-minute massage if time is not on your side.

Before your game of golf, football, walk, come in and get your muscles warmed and loosened up. Stress relief massage – a gentle soothing treatment with long soft strokes to clear mind and body using aromatherapy oils.

Deep tissue massage – this uses different movements and techniques to give the required effect. Using percussion, effleurage, soft, medium, and deep pressure with aromatherapy energising oils.

We can focus on a particular area of the body, depending on where the issue is. Focusing on head, shoulders, back and /or feet. If you have a particular problem such as lower back pain, we will spend more time working on this area with specific techniques.

Stretching has a healing effect which brings the body back to balance – we will stretch you during the massage focusing on your energy, health, and wellbeing.

We can teach you how to massage yourself or your partner. Self-energy: a quick fix to relieve many symptoms such as lower back pain, headaches, sinus, cold and sore throats, cough, asthma, constipation, and



Recovering from an injury? Massage is highly recommended before and after treatment, using lymphatic drainage or deep tissue techniques.

Muscle cramps? A massage can help to improve circulation and bring relief – we can incorporate the use of hot or cold stones.

Before booking a massage, ask yourself, Do I feel healthy? Am I in the right frame of Mind? Do I have any injuries, illness or infections that may require medical aid?

Then come in and enjoy total Body Wellness – for all ages from babies to the elderly.

Elaine - Elaine's of Brampton

Elaine's

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