

Massage has been around for thousands of years, the first pictorial representations being dated to early Egypt, however it has evolved considerably over recent decades and there are now many forms of recognised massage treatments.

Holistic Swedish Massage

Each treatment is designed to be a therapeutic and healing experience for mind, body and spirit, hence the term 'holistic' meaning whole. The Massage is based on techniques founded by a Swedish gymnast and is a relaxing treatment using a variety of gentle strokes to promote total relaxation; tension and anxiety melt away. Each treatment lasts one hour for a full body massage and half an hour for back and shoulders.

Indian Head Massage

Indian Head Massage employs techniques that have been a part of the traditions of many countries throughout the sub-continent for over a thousand years. Concentrating on the shoulders, neck, face and scalp a light therapeutic touch produces a sense of calm and tranquillity. Muscle tension is relieved and the scalp and face muscles are stimulated to reduce built up tension. The client is seated throughout with the back supported, allowing the upper body to relax, treatments can last from 15 minutes to 45 minutes.

Thermo Auricular Therapy

The Hopi North American Indian tribe have been using ear candles for generations. A lighted hollow beeswax candle is placed in the ear while the client is lying down. A vacuum effect is produced which draws out not only ear wax but also impurities in the sinuses. The treatment is both soothing and pain free, only a sensation of

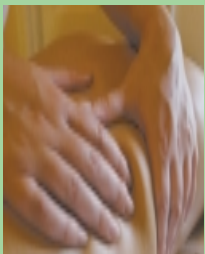
mild and pleasant warmth is felt. This treatment has been successful with sufferers of ear wax, sinusitis, hay fever, glue ear, migraines, mild hearing loss and sore throats. The profound sense of calm that is produced during the 45 minute session is also an added benefit to the client.

Sports Therapy

Designed to alleviate stress and tension which accumulates in the body's soft tissues during physical activity, Sports Therapy can break down damaged tissue fibres and prevent further injuries. A variety of techniques, which when combined, aims to restore full functionality to the soft tissue and surrounding fibres. This can be from simply easing tension built up in the shoulders from repetitive strain caused by being bent over a keyboard to restoring maximum performance to an over trained muscle group in athletes.

Benefits of Treatment

Each form of massage can be taken either individually or combined with any of the other treatments to increase the benefits for each client. Courses of treatments are frequently required to maximise the effects, especially if a condition is of a chronic nature. Harmonia is able to tailor any session to suit the unique requirements of every client. Courses and combined treatments can be discussed at any time and vouchers are also available. Each client will take away from a treatment what they need, however with most massage treatments some of the very positive benefits can be: Sense of relaxation, release of tension in the muscles, elimination of waste products, regularity of sleep patterns, lowering of blood pressure, increase or stability in energy levels and calming of an agitated state.



About Harmonia

Harmonia was established to help alleviate the effects of stress in the workplace. By offering a variety of tailored treatment Harmonia is able to provide individuals and businesses a hands on approach to dealing with the symptoms of stress.



Rachel is a graduate in Psychology and English and is qualified in all of the above treatments and fully insured to carry out treatments at her clinic, your home or business residence.

For more information or to book a treatment:

www.harmonia.org.uk

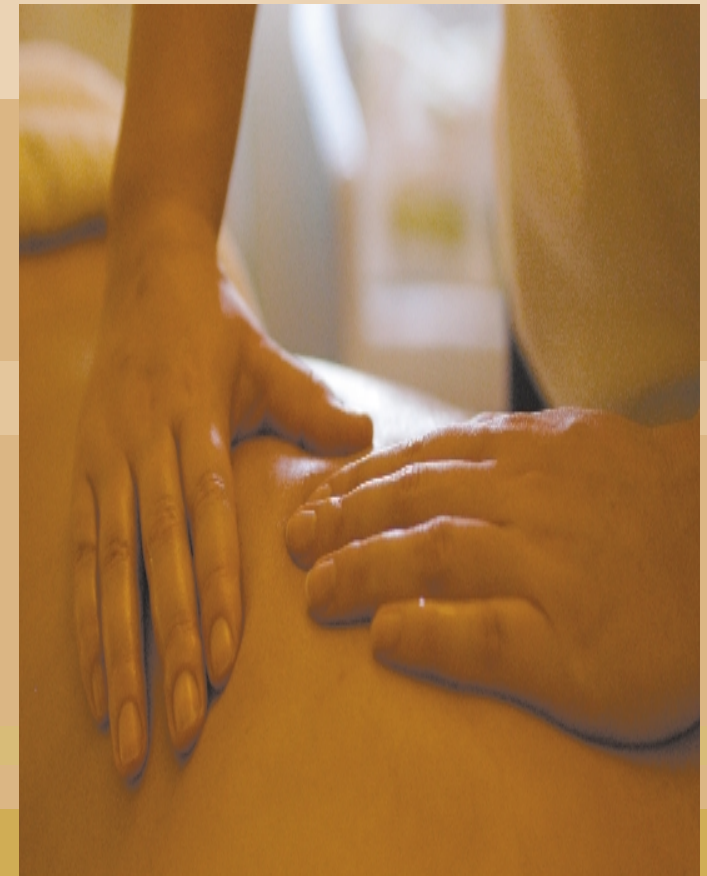
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