



Classical Massage



What it is:

Our Classical massage treatment is provided to alleviate muscle tension whilst also relaxing the mind. A lavender and chamomile essential aromatherapy oil is used in conjunction with a carrier oil such as sweet almond (not if nut allergy exists), grape seed or rape seed. This classic treatment offers benefits that include giving you a deep sense of relaxation, relieves tension in the back, neck and shoulders and stimulating the circulatory system.

Massage techniques such as effleurage, petrissage and the percussions including hacking, cupping, beating, pounding, tapotement can be supplemented with frictions and vibrations and deeper massage techniques using forearms and elbows. You will be left feeling relaxed and noticing the reduction of tension in the muscles.

The Benefits:

There's no denying the power of bodywork. Regardless of the adjectives we assign to it (pampering, rejuvenating, therapeutic) or the reasons we seek it out (a luxurious treat, stress relief, pain management), massage therapy can be a powerful ally in your healthcare regimen. Experts estimate that upwards of ninety percent of disease is stress related. And perhaps nothing ages us faster, internally and externally, than high stress. While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage can, without a doubt, help manage stress. Furthermore, clients often report a sense of perspective and clarity after receiving a massage.

The emotional balance bodywork provides can often be just as vital and valuable as the more tangible physical benefits. In response to massage, specific physiological and chemical changes cascade throughout the body, with profound effects.



As you can see, Massage Therapy is a Powerful Ally and this translates into significant and apparent benefits:

- Is a rich source of antioxidants needed in preventing chronic fatigue, cancer and hardening of the arteries, so can reduce the risk of heart disease.
- Its high antioxidant levels, tryptophan, minerals and vitamins are good for the skin.
- The chemical substances found in essential oils or applied products such as chocolate lets you relax and feel good, comparable to eating chocolates
- The theobromine content helps burn fat and eliminate unwanted cellulite.
- It has polyphenol content which contains anti-aging and anti-oxidant properties.
- It has glycerides content which contain lipids and fats used to moisturize, to plump and firm your skin.
- It has calcium, potassium and magnesium contents, needed for cell renewal and growth
- It has **a calming effect** that reduces stress and makes your muscles feel relaxed and rejuvenated.
- It improves the **skin texture and condition** (The body's largest organ), leaving your skin glowing, fresh and younger looking, reducing wrinkles. Fine lines and stretch marks
- Problems with **Joint stiffness and Pain** reduced.
- Massage **improves positive circulation**, bringing oxygen and nutrients to the muscles and vital organs helping them function better
- Massage **improves negative circulation**, speeding up the elimination of toxins and waste products
- Massage improves **Lymphatic circulation flow, enhancing immunity** by stimulating lymph flow—the body's natural defence system. Results in a reduction of swelling caused by excessive fluid
- Massages **encouragement of circulation flow removes harmful radicals** caused by exposure to ultraviolet rays of the sun, dust, wind and other harmful substances in the air.
- Clients with **Arthritis** notice fewer aches and less stiffness and pain.
- Clients with **Asthma** children show better pulmonary function and increased peak air flow.
- Clients with **Burn injury** report reduced pain, itching, and anxiety.
- Clients with **High blood pressure** demonstrate lower diastolic blood pressure
- Can **reduce risk of heart disease**.
- Clients with **Neurological malfunctions such as epilepsy, depression, Post Traumatic Stress, anxiety**, receive hormonal changes through the release of endorphins that can calm the mind, ease headaches / migraine.
- Assist **medication independence** (by reducing demand)
- Clients with **Premenstrual Tension Syndrome** have reduced discomfort, decreased water retention and cramping.
- Assist with shorter, easier labour for **expectant mothers** shortening maternity hospital stays.
- Improved **weight gain for Preterm infants**
- Alleviate **low-back pain** and improve range of motion.
- Exercise and stretches **weak, tight, or atrophied muscles**.
- Help **athletes** of any level prepare for, and recover from, strenuous workouts.
- Increase **joint flexibility, movement and better posture**.
- Promote tissue regeneration, reducing **scar tissue and stretch marks**.
- Reduce **post surgery adhesions and swelling**.
- Reduce **spasms and cramping**, relaxing and softening injured, tired, and **overused muscles**.
- Release endorphins—amino acids that work as the body's natural painkiller.
- Enhanced **sleep quality**, reduced fatigue, improved concentration and **greater energy**.



What to expect:

Following a brief consultation on your general health and any contra-indications to massage your treatment will be discussed

Although you will be undressed for massage your body is always completely covered with towels. It is only the specific area being worked on which needs to be exposed. The focus is always on you feeling safe, comfortable and reassured.

Following the massage there is a quick debrief to assess the effect of the treatment. Aftercare advice will be given regarding the best way to maximise the effect of treatment

Contraindications of Classic Massage

- Pregnancy
- Open wounds or infection
- Broken skin, eczema or rash
- Tumor
- Fever
- High blood pressure
- Thrombosis
- Recent surgery
- Muscular / skeletal damage
- Inflammatory disease

After Care Advice:

- Avoid solar contact and citrus oils (sunburn risk) for 24 hours
- Drink Fluids (herbal teas eliminate toxins) – avoid alcohol
- Avoid deodorants / fragranced products
- Be aware of side effects – use leaflet or internet information
- Light meal 2 hours before / after
- Exercise effects Blood pressure
- Drowsiness possible (be careful driving) allow your body to guide you
- Don't swim, shower / bath for 12 hours (oils still absorbed)
- Headaches / dizziness possible
- Excess urination, bowel movement is normal as toxins are eliminated