



Honey Massage



What it is:

Honey massage is an authentic Tibetan treatment augmented with some Swedish body and aromatherapy massage techniques. Honey contains sugars such as glucose and fructose and also minerals such as magnesium, potassium, calcium, sodium chloride, sulphur, iron, phosphate and vitamins B1, B2, C, B6, B5 and B3. It is equally good both for weight reduction, and for achievement of cosmetic effect in struggle against imperfections of figure. In itself, massage improves supply of muscles and skin with oxygen and nutrients, and honey releases them from toxins, restores health of hypodermically-fatty cellulose, and cleans hypostases for a long time. The standard Honey massage is applied to the back and hamstrings. It is a very powerful and detoxifying massage, honey is applied, and when sticky it lifts the fascia and muscle to help relieve tightness, we use different massage strokes as well as a 'pumping out' technique that is unique to honey massage which results in the 'pumping' of toxins out of your body. Three applications are provided. This standard treatment takes 45 minutes.

Honey massage can be done on other areas of the body such as arms or abdomen although this is less intensive. Again we use the 'pumping out' technique which also draws out toxins that are removed with a hot towel at the end of the treatment.

It is also possible to treat the face. The honey is applied and worked to the face and neck area. You will notice a much brighter skin tone, great for sluggish skin especially in winter.

A course of treatments is really recommended to see great results for cellulite.

The effects on health of honey have long been noted by humans. The nutritional and medicinal qualities of honey have been documented in Vedic, Greek, Roman, Christian, Islamic and other texts. Physicians of ancient times, such as Aristotle, Hippocrates, Porphyry, etc. and Arab physicians have referred to the healing qualities of honey.

Honey as a product is full of goodness. Scientists have revealed that honey has powerful anti-bacterial and anti-septic properties on at least sixty species of bacteria; honey is non-toxic and has strong effects. So it can be used for very sensitive skin. The composition of honey includes sugars such as glucose and fructose and also minerals such as magnesium, potassium, calcium, sodium chloride, sulphur, iron, phosphate and vitamins B1, B2, C, B6, B5 and B3.

If you never tried it before – do so and you will not regret the experience and money spent!



The Benefits of Honey massage include:

- **Cellulite and Slimming**

This can be done on any area of the body such as legs, buttocks, arms, back or abdomen.

- **Facial Rejuvenation**

After cleansing the skin, the honey is applied and worked to the face and neck area. You will notice a much brighter skin tone, great for sluggish skin especially in winter.

- **Back pain**

Honey massage is quite beneficial for back pain or other muscular problems. Massage stimulates the energy meridians which correspond to internal organs. The stimulation of these meridians and the start of the detoxification process strongly revives the whole body. Honey massage considerably improves blood circulation in muscles and deeper layers of the skin and warms and tones the skin, promoting improvements in nutrition, waste removal in the skin and in all of internal organs and also eliminates the pain.

In summary:

- Helps lose weight
- Biologically active substances of honey absorb toxins and promote the removal of pathogens, salts, hypostases and toxins
- Light suction provides drainage of toxins and excess fluid
- Heavier suction can stimulate circulation to stagnant muscles and loosen fibrous adhesions
- Relaxes the entire nervous system and improves mood
- Improves blood circulation in deeper layers of the muscles and skin
- Speeds up metabolism
- Promoting improvements in nutrition and waste removal from the skin and internal organs.
- Increase the lymphatic system flow
- Reflexive zones of all internal organs are stimulated, triggering the detoxification process promoting a strong revival of the whole body.
- Cleanse, moisturise, nourish warms and tones the skin, especially sensitive skin, and increases its elasticity. The skin becomes smooth, elastic, silky, hypodermic smoothing and removes flabbiness.
- Break down lipid pockets (cellulite) assisting with body contouring and toning of the skin
- Free the individual from intellectual and physical chronic exhaustion
- Cleanse the body, increase immunity and the ability of the organism to purify itself
- Removes headaches
- Improves sleep
- Can improve well-being where intellectual and physical exhaustion is present
- Can assist with psychosomatic diseases
- Can assist with vegeto-vascular dystonia
- Produce soothing and rejuvenating effects
- Sensitive, itchy, dry skin benefits greatly, works very well on acne, dry and itchy skin
- The effect of the honey massage can be felt almost immediately after a single treatment, helping to improve vitality and relaxing your mind and body.
- Boosts the immune system



What To Expect:

We generally use organic runny honey for our honey massages. Honey is applied to the treated area and then the therapist uses special massage technique. Therapist's hands become very sticky and the skin is pulled a bit. This is a strange but quite pleasant sensation. After the treatment the skin is cleaned with hot towels, dried and anti-cellulite cream is applied. You will also enjoy fantastic smell of honey during this massage. The skin is very soft and toned.

- Following a brief consultation on your general health and any contra-indications to massage we will discuss your treatment process.
- The treatment commences with a warm wash of the areas to be treated.
- You will be made aware of contraindications.
- 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.
- You will be left feeling relaxed, revived and indulged.

A course of 10 treatments is really recommended to see great results especially for cellulite and slimming. It can be done 2-3 times a week



Contra - Indications of Honey Massage

- Honey allergy
- Problems with blood circulation
- Joint and muscle rheumatism
- Arthritis
- Stomach and digestive problems
- Fungal problems affecting the intestines, skin or other organs
- Chronic tiredness
- Headache
- Female discharge and period problems
- Depression
- Pregnancy
- Open wounds or infection
- Broken skin, eczema or rash
- Tumor
- Fever
- High blood pressure
- Thrombosis
- Inflammatory disease

After Care Advice:

Beware, some oils used with massage can be very powerful and some people may have allergies. This also applied to honey itself. Its absorbency can occasionally cause a reaction. Always consult your GP before this type of therapy and advise your therapist of any health problems.

- 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

Some people can feel slightly worse, which is a sign of the body trying to cope with toxin removal.