

Massage



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Sports Massage

Sports Massage is concerned with the management, manipulation, and rehabilitation of the soft tissues of the body. It Combines classic and specialized techniques designed to provide therapeutics impact for the unique physical and biomechanical needs of athletes. Sports massage aims at alleviating the stress and tension which builds up within the body's soft tissues during this maximum physical activity.

Manual Lymph Drainage

Lymphatic massage is a technique that uses a lighter touch for oedema or swelling of tissues related to illness, injury, or cancer treatment. It is used for the reduction of build-up, removing toxins, and strengthening the immune system.

Swedish Massage Therapy

Traditional form of massage incorporating effleurage (circular movements), petrissage (kneading) and tapotement (rhythmic, tapping movements) as well as friction, and vibration. Swedish massage is intended to improve circulation and tissue elasticity while reducing muscle tone and creating a parasympathetic response.

Baby and Pregnancy Massage

Baby Massage involves using gentle and rhythmic strokes to soothe and bond with your baby. Not only does it create a strong parent-child relationship, but it also offers numerous health benefits for both baby and the parents. A Pregnancy Massage is a specially adapted gentle and soothing massage tailored specifically for the mother-to-be. As a term, 'pregnancy massage' applies to any hands-on massage treatment for a woman during her pregnancy. It can therefore vary enormously in terms of what it consists of. However, for many women, pregnancy massage benefits include easing aches and pains, as well as facilitating relaxation and preparation for labour.

Cupping

The benefits of cupping include local pain relief and muscle relaxation. Cupping improves overall health by removing the energy blockages that massage practitioners identify as barriers to the flow of healthy energy or qi. For athletes, cupping may help increase blood flow to a particular muscle region or help reduce pain.

