

Kathleen Markham Delivering Holistic Health At Manchester University in The Wellbeing Treatment Room
Available on Wednesdays 8.00am -7.00pm

Holistic Therapies

The mental, emotional and physical stresses of life are increasing in our day and age. To counteract these we must take great care of our everyday life.

Holistic treatments can give us the incentive to switch off and allow our busy minds to relax. You will often emerge from these ancient practices feeling revitalized and relaxed with renewed energy, creativity and concentration.

Holistic Therapies work on the principal that the most effective way to promote health and prevent illnesses, is to strengthen the body's immune system and help to restore the harmony between mind and body.

Hot Stones Massage

A deep & relaxing massage using basalt stones with aromatherapy oils promoting wellbeing, boosting the Immune system and increasing energy levels.

Indian Head Massage

A massage to the scalp, face, shoulders, upper back and arms, using essential oils or without if preferred to remain clothed. Can relieve eye strain, headaches, improve concentration, boosting the Immune system and creating a feeling of well being.

Aromatherapy Massage

Herbal oils have been used for centuries to treat illnesses and promote wellbeing. Aromatherapy is the art of blending essences of plants, herbs and tress to encourage the body into a state of relaxation and wellbeing. A wonderful relaxing back and neck massage using specially blended essential oils to improve circulation, relieve mental stress and anxieties, reduce muscle tension and helping to rebalance the emotions.

Deep Back & Neck Massage

A deep tissue massage using a light vegetable oil and specialized methods to coax tension from muscles, ease stiffness and promote healthy circulation of the blood, eliminating toxins from the body and helping to keep the back supple.

Holistic Facial

We store a lot of tension in our face and the muscles supportingA deep cleansing treatment, exfoliating and rebalancing moisture levels, including a relaxing neck & shoulder massage using specially blended aromatherapy oils to suit your skin type. Shiatsu pressure points and lymphatic drainage techniques are used to disperse toxins, diminish fine lines and delay the signs of aging. A

truly holistic therapy leaving your skin energized and rejuvenated.

Reflexology

Foot massage has been practised for centuries and the science of reflexology believe the hands and feet are a mirror of the body. Pressure is placed on specific reflex points and used to treat the corresponding areas of the body in order to stimulate natural health and promote wellbeing. All parts of the foot are massaged so that all of the body is treated. The receiver experiences a deep state of relaxation and well being.

Remedial Massage

Remedial massage is an effective use of massage and movement to treat many common musculoskeletal problems. Such conditions include: spasm of the back muscles, disc problems, injuries to the major joints of the body, painful neck & shoulder conditions, headaches and arthritic problems..

Hammon Back To Life Therapy

A truly luxurious and stimulating aromatic back facial. The back facial follows the same basic layout as a traditional facial, the back is cleansed, a invigorating eucalyptus & ginger back scrub, mask & a soothing organic argon oil back massage. Hot flannels are used on the back during the process of treatment. Your back will be left feeling smooth, refreshed, supple and relaxed.

Prices

Students:

15 minutes £6.00
30 minutes £12.00
60 minutes £23.00
90 minutes £33.00

Staff

15 minutes £8.00
30 minutes £15.00
60 minutes £29.00
90 minutes £40.00

Prior to treatment a free consultation will be carried out. 15 minutes treatments cannot be booked for hot stone or Hamman therapies.

Please call 07891652750 or kathleenmarkham98@yahoo.com to book.