

Massage for mums!

Post-natal Aromatherapy Massage in the comfort of your home

Never mind massaging your babies – now it's your turn! **Shoulders tight** from breast-feeding? **Lower back aching** from carrying small children? Suffering from **sleep deprivation** and **low energy** levels? Why not invite some friends over for some **tea** and **cake**, give them your baby and enjoy some much-deserved **personal time**! Experience the **relaxation** and **relief from tension** of a professional Aromatherapy massage, while your baby is cared for by your friends!

Contact

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Aromatherapy for mums: 45mins (plus free 15min consultation);

Deeply relaxing back, shoulder, neck and face massage using essential oils specifically selected for you. Mums lie on the massage couch covered in warm towels and blankets, listening to their choice of soothing music.

Indian Head Massage: 20 mins;

Traditional Indian seated massage to the upper back, shoulders, arms, neck, scalp and face. The massage is applied through the clothes, without oil. The final balancing of the chakras, (energy centres), leaves you balanced and free from tension.

Minimum total fee of £40 for home visits.

Book a series of four visits and receive a 10% discount.

Please ask about fund-raising sessions for your Toddler Group.