Remedial Massage

Remedial Massage Techniques are used to heal specific problems. Recommended for Repetitive Strain Injuries, Whiplash, Tennis or Golfers Elbow, Frozen Shoulder and Sports Injuries to aid quicker recovery and reduce pain.

40 min £36
30 min £30

Deep Therapeutic Massage

Perfect if you require a more thorough massage. Using deeper Swedish Massage and Remedial Techniques to release muscle tension and help break down 'knots' and scar tissue or to relieve more chronic conditions such as a sports injury or help with recovery after an accident.

60 min £44
50 min £40
40 min £36
30 min £30
20 min £20

Therapeutic Massage

Gentle Swedish Massage techniques combined with luxurious aromatherapy oils will bring complete relaxation and harmony to your body, mind and spirit.

Full Body	60 min	£40
	75 min	£48
	90 min	£56
Shoulders, Neck & Back	60 min	£40
	45 min	£34
	30 min	£26

Leg Toning Massage

A vigorous massage which helps tone the legs and reduce the appearance of cellulite. For the best result we recommend a course of regular treatments.

40 min £36

10 Year Younger Luxury Facial

Return your skin to its youthful appearance and wipe away the signs of aging, naturally. This facial includes the use of a luxury oil rich in antioxidants to help fight free radicals and prevent damage to the skin. The sweet almond oil has high levels of vitamin E, combined with lavender, geranium and patchouli to restore suppleness and reduce fine lines.

60 min £50

Luxury Facial

A deeply relaxing treatment personalized to your skin type. Deep cleansing and exfoliation is followed by a toning shoulder, neck and face massage. A face mask to cleanse your pores, toner, eye serum, moisturizer and neck balm to finish will leave your skin radiant and healthy.

60 min £40

Sensitive Facial

Gentle cleansing, toning and moisturizing using pure, natural, preservative-free and fragrance-free products for clients with Sensitive Skin. Finishing with a gentle pressure point massage to leave your skin feeling refreshed.

45 min £34

Express Facial

A mini facial ideal for a lunch break treat or a quick deep cleansing radiance boost for people short on time.

30 min £26

Indulgent Full Body Pamper

Full Body Therapeutic Massage combined with a personalized Luxury Facial leaving you feeling totally relaxed, radiant and refreshed. The ultimate pampering experience.

110 min £68

Indian Head Massage

This wonderfully relaxing and therapeutic massage originated in India where it has been practiced for over a thousand years. The modern variant relieves stress and tension from the muscles of the upper body, shoulders, neck, upper arms, scalp and face. The massage takes place fully clothed and seated in a chair.

30 min £26

Reiki

Works by the therapist channeling energy through the body, unblocking and recharging any problem areas. Think of the body as an electric circuit, when the connection is broken or weak the circuit cannot work. Reiki reconnects and recharges to help the body restore natural energy flow, promoting deep relaxation enabling the body to heal itself.

60 min £38

All our skin care products are ORGANIC &

FREE FROM Petro-chemicals
FREE FROM Parabens
FREE FROM Synthetic Perfumes

A full consultation or skin analysis will be held before your first treatment enabling us to care for your individual needs.

We care about your well-being so you will never feel rushed as we leave plenty of time between appointments to allow you to relax after your treatment.

Cancellations

Please be courteous and give 24 hours notice if you need to cancel your appointment. A 50% cancellation fee will be charged if sufficient notice is not recieved.

Testimonials

The thing I really liked the first time I came to Holistic Hideaway was that Jan took the time to listen to what the problem was and what I wanted from the treatment - I have been to some other places where they just plonk you on the couch and get on with it! When I first started coming I had a lot of pain in my neck and shoulders which the massages have really helped to alleviate. Jan always makes me feel comfortable, relaxed and at ease and I always feel great after a massage.

B. C. Southampton

Jan has helped to relieve the discomfort in my neck and I have therefore not suffered with so many migraines.
I find the massage not only gets to the 'root' of the problem, it also relaxes me and the session gives me some 'time out' from the stresses of life.
Well worth every penny!

J. B. Southampton

Thanks a lot for a lovely 1 hour massage. I felt like new afterwards and will definitely come back for more.

R. L.

I had a long-term problem with my arms that meant I didn't have the strength to use my motorbike. After a couple of Remedial treatments and carrying out the gentle exercises recommended the strength has returned and I feel fully recovered.

C.R. Lyndhurst

After a serious car accident I suffered lower back pain. With each treatment from Jan the pain decreased and after my last massage (treatment 6) I just had to call the next day to thank her as I had woken up pain free for the first time.

V. D. Hedge End

I felt relaxed and my muscle tightness had gone. Jan gives excellent Holistic treatments and she is also a good listener.

M. H. Southampton

My treatment (Remedial) has given me great pain relief and made my life a lot better in all aspects.

D. S. Southampton

For many months you have been providing massage treatments for my wife and I and I would like to thank you for all you have done.
We all have the occasional ache or pain and your treatment really helps sort this out.
Personally I always feel 'brand new' after a treatment and I'm always recommending them to anyone who says they are feeling run down.

A. M. Southampton

For bookings or more information
please call or text

Mob: 07793 532911

holistic HIDEAWAY

@

Lyndhurst Chiropractic Clinic
Elliot's Courtyard, 33b High Street
Lyndhurst SO43 7BE

www.holistic-hideaway.co.uk
jan@holistic-hideaway.co.uk

Keep your skin & body healthy by choosing from our specially selected organic beauty products available for you to purchase

Ask us for details about

Treatment Plans
Gift Vouchers
Vitamin Advice
Pamper Parties

holistic HIDEAWAY

Massage & Natural Skin Care

@

Lyndhurst CHIROPRACTIC CLINIC

Muscle Injury or Pain?
Confused about Skin Care?
Want to be Pampered?

Visit us today and find out
how we can help

FHT Federation of Holistic Therapists
MEMBER

Treatment Guide 2010