

Sports Massage 1 hour £30 / ½ hour £20

Treatments are tailored specifically to treat your injuries. Common examples include repetitive strain, trips and falls, and sports injuries. Also general aches, pains and stiffness. Full injury analysis, range of movement and muscular imbalances assessed, and exercises, if necessary, prescribed.

Inclusion of Hot Stones additional £10. Hot stones penetrate deep into the muscle fibres and can be used to work out those deep tissue problems.

The Golfer's Swing Sports Massage - 1 hour £40

Before, after or between golfing rounds, this hour long sports massage will ensure that your swing is relaxed and you can enjoy every shot without pain. It focuses on the back, neck and shoulders, where golfers most commonly feel muscular aches and pains; using a unique de-stressing blend of essential oils and hot stones to target specific tension areas, leaving the body rejuvenated and ready for the first tee.

Relax and unwind with the following treatments.....

Hot Stone Massage Therapy

½ hour back massage £30

1 hour full body massage £45

1½ hour Luxury full body massage with hot stone facial £60

The body is massaged using specially heated volcanic stones. The heat penetrates to the very deepest muscles of the body to create an unparalleled state of relaxation. Perfect for muscular conditioning or simply luxury pampering.

Swedish Massage 1 hour £28

Swedish massage uses firm but gentle pressure to promote relaxation, ease muscle tension, help promote lymphatic drainage, and create other health benefits.

Full Body Brushing & Swedish Massage

1hour 15mins £35

The body is brushed with firm strokes to improve circulation and remove dead skin cells, and then massaged with a choice of either a Stimulating or Anti-Stress body massage oil.

10% Discount applies to courses of treatments booked and paid for in advance, and to the following: Students and NHS Employees, on presentation of Employment/Student ID.

Body Firming Massage 1hour 15mins £38

a full body massage using a luxury Body Firming oil, with a firmer massage on those stubborn areas susceptible to cellulite, to enhance the appearance of your skin and to smooth the appearance of cellulite, followed by an application of body-modelling cream, formulated from highly active, penetrating cellulite reducing ingredients; curbing the build-up of excess fats, helping natural elimination.

Cellulite Blast Massage - thighs, legs & buttocks 1 hour £38

A deep tissue massage specifically for the thighs, legs and buttocks. This treatment starts with the legs and buttocks being body brushed, to stimulate and improve circulation and remove dead skin cells, followed by a deep penetrative massage using an anti-cellulite oil, and is completed by the application of an anti-cellulite cream formulated to diminish the effects of orange peel skin; a perfect treatment on the run up to your holiday.

Deep Abdominal/Colonic Massage

1 hour £30

This treatment releases trapped gases, blockages and waste products from the abdominal area and is consequently effective for many stress related bowel, lower back and emotional problems, such as:

- Bloating Constipation Diarrhoea Irritable Bowel Syndrome (IBS) Diverticulitis (non-acute) Nervous tummy disorders Low back pain Gynaecological & period problems
- Whilst not necessarily intended as a quick-fix weight loss treatment, this massage may result in some change of body shape due to encouraging bowel movement and reducing bloating caused by water retention. A pre-blended "stimulating" massage oil is used during this treatment.

Indian Head Massage 30mins £20

Indian head massage is especially good for relieving stress, tension, fatigue, insomnia, headaches, migraine and sinusitis, it is deeply calming and relaxing, leaving you feeling energised and revitalised and better able to concentrate. It increases joint mobility and flexibility in the neck and shoulders, and frees knots of muscular tension. It is particularly good for reducing the effects of stress and tension.

Email me at:-

emma@emmadavies4fitness.co.uk

Website:

www.emmadavies4fitness.co.uk

To book an appointment contact Emma on:

07793 891803

Finishing Touch, 9 Thomas Road, Scunthorpe

LOOKING FOR A GIFT?

VOUCHERS AVAILABLE