

Asian Experience

SHIATSU

60 minutes

Shiatsu is a form of therapeutic bodywork from Japan. It uses kneading, pressing, soothing, tapping, and stretching techniques. Shiatsu is a non-invasive therapy that may help reduce stress and contribute to overall wellbeing. It is believed to have both preventative and remedial effects.

FOOT REFLEXOLOGY

40 minutes

Whilst this treatment will feel amazing, its' benefits go deeper than just the skin and muscles. With repeated pressure and manipulation of nerve endings, reflexology also helps to clear any channels of blocked energy.

BALINESE MASSAGE

55 minutes

Balinese massage is a full-body, deep-tissue, holistic treatment. Balinese massage uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and "qi" (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation.

TRADITIONAL CHINESE MASSAGE

40 minutes

This involves deep massage techniques that are applied to the whole body, especially the back, with the use of much repetition. Chinese Massage therapy is a holistic approach to health care that aims to provide relief from physical ailments, as well as relaxing and revitalising the body and mind.

CHINESE MADE TO MEASURE MASSAGE

55 / 80 minutes

Full body tailor-made treatment using Chinese techniques to help relieve fatigue and tension, reduce stress, assist with weakness and pain.

TRADITIONAL CHINESE FOOT TREATMENT

45 minutes

This treatment starts with a warm-water foot soak for 5 to 10 minutes, while the therapist administers a relaxing upper body, neck and shoulder massage. This is followed with a traditional Chinese Foot Massage.

massage

