



MASSAGE ARCHITECT

TREATMENT DETAILS

Your treatment will be designed to meet your specific needs using the following techniques:

Deep Tissue Tension Releasing Massage

This treatment is suitable for those suffering with chronic muscular conditions related to posture & movement patterns and mental & emotional stressors. This remedial massage treatment combines various techniques including pressure point and myofascial release and works well with other dynamic therapies, such as Chiropractic and Osteopathy.

Reflexology

A traditional Complementary Therapy, based on energy meridians that terminate in the feet. This wonderfully relaxing, non-invasive treatment is suitable for those who respond well to

subtle treatments and those who are looking for a relaxing treatment with minimum discomfort.

Manual Lymphatic Drainage

This deeply relaxing and soothing treatment is suitable for those who have localised scar tissue, for example after non-invasive surgery such as liposuction, and anyone who suffers reoccurring fluid retention through legs, ankles and abdomen.

PRICE LIST

Duration in minutes	NON- MEMBER	YHM MEMBER	FEEL GOOD FRIDAY
45	£40.00	£34.00	£30.00
50	£45.00	£38.25	£33.75
60	£50.00	£42.50	£37.50
75	£60.00	£51.00	£45.00
90	£70.00	£59.50	£52.50