



# Preen's

Beauty and Aesthetics Centre

## .... For your Body – Massage

### Deep Tissue Massage

At the heart of all the Deep Tissue Massage is the use of the therapist's soft surface of the forearm combined with her own body weight to maximise the movements over the body. One of the most powerful ways to release tension and undo all the knots in your shoulders, spine, hips and neck. From beginning to end you will feel yourself enveloped in the healing power of the most powerful touch. Your body will take whatever it needs from this treatment, whether it requires nurture, connection, release or rejuvenation. The power of touch is felt through your whole body.

### Aromatherapy

Rebalance, revitalise and relax with this holistic ancient therapeutic body treatment. Using pure essential oils to calm the nerves and restore even the most tired of bodies. Choose from;

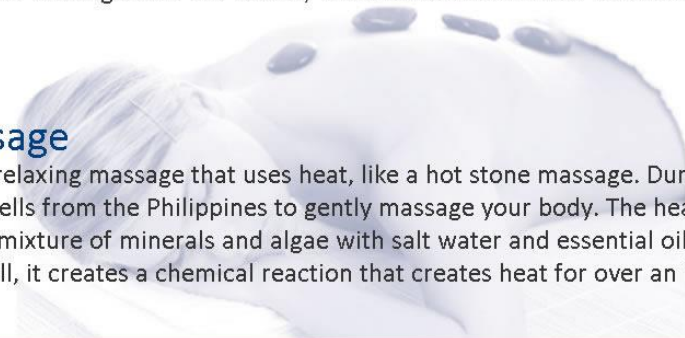
- De stress and Relax
- Uplifting (Antidepressant)
- Energise
- New Mother
- Immune Boost
- Sports and Fitness
- Monthly Blues or
- Opt for an individually customised treatment.

### Hot Stone Massage

Stone therapy is an extremely energising and warming treatment for the body. It nourishes the soul and relaxes the mind. By using the hot stones in combination with traditional massage techniques, Stone Therapy is far more than a massage with hot stones; it is a multi dimensional treatment that reaches into your soul.

### Lava Shell Massage

Lava Shell Massage is a relaxing massage that uses heat, like a hot stone massage. During a Lava Shell Massage, we use real shells from the Philippines to gently massage your body. The heat comes from inside the Lava Shells due to a mixture of minerals and algae with salt water and essential oils. When they are combined inside the shell, it creates a chemical reaction that creates heat for over an hour.



## Bamboo Stick Massage

Bamboo Stick massage incorporates warmed bamboo stalks of varying lengths and diameters to provide you with a deep tissue massage. Effective for releasing and relieving tired, stressed muscles.

## Swedish Full Body Massage

An invigorating body treatment to relieve muscular aches and pains, reduce tension and relieve the negative effects of everyday stress. Our expert and experienced massage therapist will restore your sense of wellbeing with customised combinations of massage techniques.

## Seated Chair Massage (incorporating Indian Head Massage & Hot Stone techniques)

You sit in a specifically designed chair and get all the benefits of a powerful massage. Practised all over India based on an ancient Ayurvedic healing system, this treatment works on both your physical and mental states. Focusing on the upper body, back, shoulders, neck and head. Leaves you feeling energised and de-stressed.

