

# rose

## tint your life

with Rachel



*Life takes it out of you...massage puts it back! -Clare Maxwell-Hudson*

**Treatments (30 mins 25€, 60 mins 50€, 90 mins 75€ {21% IVA included})**

1. **Body Massage:** Based on Swedish massage, or classical European bodywork (on a massage couch, mostly unclothed, and using oil), this is a holistic treatment for body and mind. Swedish massage uses various techniques including effleurage, kneading, percussion and finger pressure to relieve tight muscles, loosen joints, and improve blood flow to the skin. This is a full-body treatment, although more time can be dedicated to specific areas according to needs. My massages are always tailored to the client, and are highly personalised. I use organic, food-grade coconut oil as a carrier, and top-quality essential oils for fragrance. I use sound healing techniques and elements of Chinese Tui Na massage to make the massage go deeper without it being aggressive or uncomfortable. My guiding principle of massage is that it is meant to be relaxing, pleasant to receive and should never leave a patient in more pain than when they started. Treatments can be 60 minutes or 90 minutes.

2. **Manual Lymphatic Drainage:** A medically-recognised massage using extremely light pressure to move the skin and the liquids flowing just below its surface. This treatment is anti-inflammatory, decongestant and soothing to the nervous system. A treatment can focus on specific areas, like the face, abdomen, or ankles, or can be a more general tone-up. If both legs need doing, treatment lasts 1.5 hours.

3. **Head, neck and shoulder massage:** Many of us carry tension in the shoulders and upper body. I have perfected the art of deep but gentle work to iron out knots in the shoulders, face and jaw. I use trigger points in the skull and face to bring light back to the face and to bring deep relief to the whole upper body. Treatment can be 30 or 60 minutes.

4. **Deep stretch one-to-one yoga:** Using the principles of technical stretching and flexibility therapies alongside yogic breathing and relaxation techniques, this hands-on stretching session brings immediate results, helping to release old tension. My adjustments include trigger points and holds. Sessions can last 60 or 90 minutes.

5. **Energy healing:** The long-term practice of yoga allows one to first perceive the subtle energy of the body, and then to channel it. Using pranic energy healing, a sense of wholeness and well-being is restored in a quiet and respectful manner. I use sound healing techniques to deepen the experience.

*Put yourself in the caring hands of an experienced professional.*