

Expert Massage

Reduce stress and tension that you hold in your body with an exquisite body massage. Michelle will use her expertise to target those tight tense muscles using a range of techniques.

Michelle has both studied and lectured in traditional and advanced techniques such as Swedish, deep tissue, acupressure, PNF, Myo-fascial release, AIS and Ayurvedic massage. My main aim is to devise a treatment that addresses your specific problems pertaining to your mind and body. Be it emotional stress and general relaxation or a shoulder or back problem. Your massage will be unique to you addressing the balance your body craves.

Please feel free to ask further questions.



Jara

Nurturing Mind & Body