

Massage for Relaxation

Reduce tension and relieve the effects of every day stress. A prescriptive treatment will be provided utilising a range of specialised techniques such as Ayurvedic massage, both Swedish and lymphatic techniques, Myofascial release and acupressure. My existing clients vouch that this is the best massage they have experienced and I am extremely proud of the stream of positive feedback.



Jara

Nurturing Mind & Body