

Prices

Prices are based on £35.00 per hour

Extra time is allowed between appointments for your comfort, relaxation and enjoyment.

Gift vouchers are available for full or part session costs.

Various concessions are available for block or regular bookings.

Please Note, payment must be made in full for cancellations of less than 24 hours notice.

Before any of the sessions, we would have a discussion which includes your medical history and what you would like the session to do for you.

Heavy meals and alcohol should be avoided before all sessions. Baths should be avoided for 12 hours after a massage with essential oils to allow the oils to penetrate the skin. Sunbathing should also be avoided after a massage with essential oils. It is a good idea to relax afterwards and to keep warm.

Bring warm clothing if travelling to the Prom studio or clinic especially in winter. It is good to drink water or herbal teas after all types of bodywork to help the body get rid of toxins that can be released into the bloodstream.



“
*Let the wisdom of the ancient use of aroma,
colour and touch help you find joy, healing and
peace.*”



For Body Mind and Spirit

“
*We are capable of performing miracles every
moment, every hour of our lives, not just when we
are healthy, when the going is good, but we are
capable of doing this when things are at their
worst and that is the grace that we have.*”

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Lin Grahame



Aromatherapy Massage

Massage encourages an effective absorption of essential oils. The oils have many healing properties and affect the whole person on mental, emotional and physical levels. Breathing the aroma is in itself a form of absorption and an aid to relaxation and balancing of the mind.

A massage with essential oils can help relieve many ailments including anxiety, insomnia, tiredness, depression, stress and muscular aches.

Massage improves general health by encouraging circulation and lymphatic flow. The oils themselves are good for the skin.

Reiki Healing

This is simply a channelling of the universal energy around us through the therapist to give you a peaceful calm space in which to allow your body to heal.

Hot Stone therapy

Another ancient healing system, the energy of the stones will warm, nourish and balance you on all levels.

Aura Soma

A colour healing system which, through light and colour, opens the window to the soul and lets us peep into the deeper levels of our being. It can allow us to come to know our journey through life and where we are on the path about transformation through that awareness and new energy.

On-Site Acupressure Massage

The acupressure massage sequence is given fully clothed on a specially designed chair. Specially designed for the workplace, it addresses the stresses and strains where and when they happen. It leaves the client feeling revitalised, refreshed and “ready for anything”.

Even more useful and effective in combination with Pilates based exercise and relaxation.

Indian Head Massage

This massage is wonderfully relaxing, stress relieving and healing. A short session can be worthwhile in the workplace.

The more I learn, the more I realise we must go back to ancient wisdom to regain our spiritual, emotional and physical health.

*We're working hard to try to reach you
The road is tougher now to what is true
My brain gets tired sometimes, ragged and worn
I have to surrender to be born*

Luka Bloom

About me

I initially gained a degree in biochemistry and have worked in medical research for many years. From 1996 to 1998, I trained in massage, aromatherapy and bodywork techniques. I am now also qualified as Pilates instructor. Many years of athletic and dance training including techniques developed by Alexander, Feldenkrais and Pilates for posture correction and strength, have enabled me to see what is good use and posture. Many aches and pains are caused by poor use of the body and poor posture. I am interested in helping people to achieve the best use and posture possible. With the awareness brought about by massage and exercise, good posture can be achieved. Aches and pains can be relieved through time and learning.

I offer Pilates classes and one-to-one sessions for both corporate and private clients.

I have recently become interested in movement as a holistic healing experience through the study of movement therapy methods and offer a dance into relaxation workshop.

Classes and workshops available in

- Colour
- Stress Awareness
- Relaxation
- Anatomy of body, mind and spirit
- Essential oil massage and Indian head massage
- Pilates based exercise and relaxation
- Dance into relaxation
- One-to-one Pilates
- New one-to-one Pilates and massage

Phone **01506 880235** for further information