

*Treatment Duration	#Therapeutic Massage	Aromatherapy Massage
30 minutes	14.00	16.00
45 minutes	18.00	20.00
1 Hour	22.00	24.00
1 Hour 15 min.	26.00	28.00
1 Hour 30 min.	30.00	32.00

Indian Head Massage	24.00	* 1 Hour
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Reflexology	27.00	* 1 Hour
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Thermal Auricular Therapy	27.00	* 1 Hour
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(inc. full face massage)

*** FREE Initial Consultation.**

Allow additional 15 minutes for first treatment only.

Therapeutic Massage including the use of Essential oils will be charged as Aromatherapy Massage.

Monday 9am to 9pm
 Tuesday 9am to 9pm
 Thursday 9am to 9pm
 Saturday 9am to 1pm

Gift Vouchers are available

**Prices apply from
 1st April 2007 to 30th September 2007**

Clinic

Tone Zone Fitness Centre
 1a Oxford Road
 Penn Mill Trading Estate
 YEOVIL
 Somerset
 BA21 5HR

Clients benefit from:

- Free, well lit, adjacent parking area
- Free shower facilities
- Level access

Contact Gillian:

Telephone: 01935 429 319
 Mobile: 07776 306 809

50% of treatment fee will be charged, for cancellations of less than 24 hours notice.

Commercial contracts, contact us with your requirements.

Aromass.co.uk
 Therapies, Clinics, and Oils

**Therapeutic Massage
 Aromatherapy Massage
 Indian Head Massage
 Thermal Auricular
 Therapy
 Reflexology**

Gillian Cliffe
 Itec Dip. MIGPP, IIHHT

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Therapeutic Massage

Treats many conditions including injuries, muscular and joint pain and stiffness, tension and emotional stress. This massage works deeper into the tissue layers than the Aromatherapy massage and tends to focus on “specific areas” and may cause some soreness during or directly after the treatment. However, this will dissipate within a few days.

‘Infrared’ may be combined with massage to aid treatment of “obstinate” areas.

Essential oils may also be used for their therapeutic properties e.g. Warming of muscles, detoxification, muscular spasm relief.

Aromatherapy Massage

A relaxing and nourishing experience in itself, not least because of the unspoken communication based on touch, but it also ensures the essential oils are effectively absorbed through the skin and into the blood stream.

Essential oils are extracted from the flowers, leaves, bark, roots or seeds of plants with therapeutic properties. Oils used are chosen according to the *individual* rather than the symptoms.

The aroma of essential oils has a direct effect on the Limbic System, the part of the brain governing emotions. Because the oil molecules are so small, they can be absorbed through the skin into the

bloodstream and nervous system thus influencing emotional and physical well being.

Indian Head Massage

A powerful and versatile therapy experienced fully clothed or bare shouldered and seated. Work is carried out on the upper back, arms, shoulders, neck, head, and face.

Relieves numerous complaints. Helps relaxation and increases flexibility in tense or aching neck and shoulder muscles.

The use of oils is optional, and increases the efficacy of the treatment. The hair will be exposed to any oil used.

Thermal Auricular Therapy (Hopi ear candles)

A pleasant and non-invasive treatment of the ears, used to treat a variety of conditions. The therapy is an ancient and natural practice handed down by many civilisations.

Despite the name, the “candle” is in fact a hollow linen tube soaked in a combination of herbal extracts, which are blended in honey and beeswax.

The gentle suction action of the burning candle draws debris from the ear, an effect that continues for up to 24 hours following treatment. The mild heat stimulates the blood and lymphatic circulation, boosting the immune system. The treatment may also benefit sinus congestion, ear aches/infections, swollen glands, balance/equilibrium problems, hearing difficulties and Tinnitus.

Reflexology

A therapy that uses the feet and/or hands as a map, or mirror of the whole body. By manipulating, massaging and applying gentle pressure to certain parts of the feet/hands, the body can be brought back into “balance”, thus treating the whole person not just the prevailing symptoms.

This gentle therapy encourages the body to work naturally to restore its own healthy state.

Reflexology can detect imbalances in the body and although not a “cure” it acts as an aid for the bodies self-healing.

All therapies, described above, are suitable for all ages.

Your Appointment:

Day _____

Date _____ / _____ / 2007

Time _____

Treatment _____