

## deep tissue massage

Deep Tissue Massage is a type of massage aimed at the deeper tissue structures of the muscle and fascia, also called connective tissue. Deep Tissue Massage uses many of the same movements and techniques as Swedish Massage, but the pressure will generally be more intense. It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots (also known as "adhesions").

Most clients will find some benefit from a treatment. It is used to treat over used muscles, tight muscle tissue, as a preventative treatment for sports people (ie. To keep the muscle structure supple and loose before or after sports), has helped clients who suffer from headaches and migraines – specifically working on the neck and shoulder muscles. Clients with poor circulation have benefited from this treatment.

1/2hr £35 • 3/4hr £42 • 1hr £50 • 1 1/2 hr £75

## holistic massage

Holistic Massage is an ancient discipline used to improve health and wellbeing by treating the mind, body and spirit. It maintains our general health and fitness, complements traditional medicine in the treatment of specific conditions and symptoms, and offers relaxation in our often hectic lifestyles.

Massage is the therapeutic application of touch using a range of movements or strokes upon the skin, muscles and joints. It has significant benefits for all the body's essential systems. It provides the benefits of relaxation and a sense of well being. It promotes circulation, increases flexibility, relieves pain and stiffness, aids the elimination of waste products and can be used to treat specific ailments.

1/2hr £35 • 1hr £50

## reflexology

Reflexology is the application of manual pressure to specific points on the feet that corresponds to areas of the body. The intention is to both prevent and treat physical and psychological conditions.

Reflexology is relaxing and balancing. It can help a variety of problems including back pain, asthma, migraine, hormonal imbalances, depression, stress-related conditions, digestive disorders and it is also a good aid in helping to conceive and very soothing to receive during pregnancy.

3/4hr £42 • 1 hr £ 50

## hot stone massage

Hot Stone therapy can help in the treatment of the following problems; muscular aches, pains, and strains, rheumatic and arthritic conditions, Multiple Sclerosis, Fibromyalgia, back pain, and insomnia. It also helps to improve circulation and can help reduce stress, anxiety, tension and depression. Warm stones expand the blood vessels, helping to move blood faster round the body, sedating the nervous system.

During a treatment the client lies on a couch or a series of flat hot and cool stones - covered by a thick towel - that trace the spine. The therapist applies oil to the skin and glides the stones across the body's meridian lines. In some treatments large stones are placed on the body, in the palms of the hands, and coin-sized stones are lightly wedged between the toes. Heated Chakra stones align and balance chief energy centres, benefiting the whole body, not just specific areas.

1 1/2 hr £80

## herbal compress massage

The ancient healing practice of Thai herbal compress therapy dates back thousands of years and was designed to relieve pain and inflammation. Some believe that it's origins can be traced back to monks from India who established the early Buddhist monasteries in around 200BC. Herbal compresses with herbs such as Lemongrass, ginger, peppermint, tumeric & camphor are wrapped in a muslin compress, steamed and then applied to the body in pressing, circular and rolling movements.

Clients will feel a deep sense of relaxation, a cocooning heat and will benefit from improved blood circulation, an alleviations of sore muscles and a sense of invigoration. The herbs in the compress possess anti-inflammatory and anti-oxidant properties which combined with the heat from the steam has an extremely therapeutic effect on sore muscles and other ailments.

Perfect for a winters day when you are feeling cold, run down and in need of a truly holistic spa treatment.

1hr £55 • 1 1/2 hr £80

## natural face lift massage

Natural Facelift Massage uses simple but very effective massage techniques involving meridians, acupressure points and lymphatic drainage which when applied to the facial muscles give a lift and release deep tensions. This in turn frees layers of muscle and connective tissue and allows space for the muscles to relax and release harmful toxins. It's a non-surgical treatment that slows down the aging process and is incredibly relaxing.

The therapeutic benefits of this face massage are very powerful. Our face is the "front" that we present to the world, and it can only too clearly show all the tensions and stress in our lives. When we're tired, unhappy, run down, stressed or ill it shows in our faces. Natural Facelift Massage is soothing and relaxing, and the results can be amazing. Wrinkles seem reduced and the skin appears rejuvenated, giving a much sought after "instant facelift" without painful and invasive surgery.

1hr £50

## organic aromatherapy

Aromatherapy involves using the elusive power of the scents of essential oils to ease the mind and calm the emotions while massage is often used to give reassurance to another.

The essential oils used in Aromatherapy have countless therapeutic properties both physiological and psychological. It works on the inner being and brings wholesome results where improvement comes as part of a healing process. It is also compatible with many allopathic medical treatments and other complementary therapies.

1/2hr £40 • 3/4hr £42 • 1hr £55 • 1 1/2hr £75

## indian head massage

An energetic stress-busting therapy which works on the muscular tissues of the neck, shoulders, scalp and face to relax or stimulate the body and help it maintain harmony. It provides relief for mental as well as physical stress. It involves working with a firm and gentle rhythm to help unknot blockages and relief of built-up tension and on an emotional level it calms the spirit, promoting relaxation and relieving stress.

It is useful for headaches, migraine, sinusitis, anxiety, insomnia, eyestrain, muscle tension in the neck and shoulders.

1hr £50

## about jo

In the past 12 years I have studied various holistic and spiritual therapies extensively, attaining several diplomas including Johrei Therapy, Anatomy & Physiology, Holistic Massage, Indian Head Massage, Reiki, Reflexology, Aromatherapy, Indian Head Massage, Crystal Therapy, Deep Tissue Massage, Ear Candling, Emotional Freedom Techniques and Lymphatic Drainage Massage



All my treatments are tailored to suit everyone's individual needs.

My hobbies include yoga, meditation, taking long walks and spending time with my family.

I like to make up my own blends of natural organic oils for use in Aromatherapy.

Member of Complementary Therapists Association

## gift vouchers

Gift vouchers are available for all my treatments.



## locations & appointments

the laboratory  
spa & health club



### The Laboratory Spa & Health Club

The Avenue, Muswell Hill, London N10 1QE  
[www.labspa.co.uk](http://www.labspa.co.uk)

Tuesdays, Wednesdays & Fridays 9.30am to 2pm  
T: 020 8482 3000



### Back Into Shape - The Osteopathic Clinics

108 Swains Lane, corner with 12 South Grove  
Highgate Village London N6 6BJ  
[www.backintoshape.com](http://www.backintoshape.com)

Saturdays - except 4th Saturday of each month  
T: 020 8347 6160 or contact Jo directly



### The Haelan Clinic

The Clinic is situated behind and above the natural remedies department at the Haelan Centre.  
41 The Broadway, Crouch End, London N8 8DT  
Alternative entrance in Crouch Hall Road.  
[www.haelan.co.uk](http://www.haelan.co.uk)

4th Saturday of each month 2pm to 6pm  
T: 020 8340 1518 or contact Jo directly



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