

## Holistic Massage

Massage is a healing art which has existed for thousands of years. Everyone can benefit from massage, whether to maintain health, to help combat stress or to treat a specific condition. Or you may simply feel in need of some pampering.

### How can massage help you?

Massage helps relax and tone the muscles and skin, stimulating the flow of blood and encouraging lymph drainage. This allows more oxygen to reach body cells and gets rid of waste, thereby aiding all body systems to function more efficiently.

Massage helps to recreate the need for touch which can be very healing in itself, bringing about a greater sense of balance and well-being.

Regular massage improves overall health and helps to combat stress (stress suppresses the immune system). It provides a space for total relaxation in which the body can heal and revitalise. Massage also heightens body awareness, helping redress the balance in our mind-oriented society.

### What does treatment involve?

Sue works intuitively with different techniques including Swedish, neuromuscular and spine and neck realignments. You may come for massage predominantly for relaxation or you may have specific areas of tension where deeper massage is required, most common on back, shoulders and neck – or you may need a combination of techniques. The treatment is tailored to your needs. **Relaxing Massage** soothes away stress bringing deep relaxation to body and mind. It is a profoundly nourishing experience. **Deep Tissue Massage** is used for the relief of muscular

aches and pains. Knotted, tense, painful or fatigued muscles are soothed and invigorated.

## Aromatherapy

Aromatherapy uses a combination of relaxing massage and pure essential oils. These plant essences are extracted from various parts of plants and are said to possess powerful healing properties. They are easily absorbed by the skin, hence massage has been found to be the most effective way of using them. Via the skin, the oils enter the blood stream and are carried to every cell in the body. Combining fragrant oils with massage makes full use of our most primitive senses – smell and touch.

### How can Aromatherapy help you?

Aromatherapy helps a wide range of both physical and psychological problems, especially skin complaints and stress related problems such as anxiety, depression, insomnia and headaches. It also helps boost the immune system. Other examples of where aromatherapy may help: **muscles and joints** eg. Muscular pain, arthritis, fibrositis; **respiration** eg asthma, coughs, colds; **digestion** eg. Constipation, IBS; **menstruation** eg PMT, period pain, fertility; **circulation** eg. Blood pressure, water retention, cellulite.

### What does treatment involve?

Your first aromatherapy session will start with a consultation after which a combination (or synergy) of oils will be chosen to suit you.

## Reflexology

Massaging and touching the feet to help the body is a very ancient practice. Pictures showing a type of foot massage were discovered in an ancient Egyptian tomb. For American Indian tribes, the use of massage on the feet was considered a method of maintaining physical, mental and spiritual balance. Reflexology can be related to the ancient Chinese healing therapy of acupuncture, which is used to help unblock the flow of energy, allowing the body to heal itself.

### What is reflexology?

Reflexology is a holistic therapy that treats the feet in order to encourage the whole body back to its natural state of balance. By applying pressure to parts of the feet known as reflex areas, connected areas of the body will feel the benefit. Reflexology sees the feet as a mini map or mirror of the body's anatomy, and in this way any body system can be accessed and stimulated.

### How can Reflexology help you?

Reflexology relieves stress and tension and has a deeply relaxing effect - 75% of disease is said to be stress related. It improves blood circulation, increasing the supply of oxygen and helping to maximise the efficiency of all organs and cells. It improves the efficiency of the nervous system and during a session approximately 7000 nerves are stimulated.

### What does treatment involve?

You will be asked to remove shoes and socks and lie on a treatment couch so that you can completely relax.

Sue Thomas has practised massage for over 20 years, qualifying at Marble Arch in 1989. Sue studied aromatherapy at Greenwich College, qualifying in 1998, and reflexology in Lewisham, qualifying in 2004.

All qualifications were gained with ITEC (International Therapy Examination Council)

Sue is a member of the Complementary Therapists Association and is fully insured.

All Information is held in strict confidence.

Sue has a long interest in complementary health care and has undertaken courses in neuro-muscular techniques, posture improvement, herbal medicine and nutrition. She is currently studying for a diploma in counselling.

Sue worked for several years within the NHS as massage therapist/ aromatherapist, taking referrals directly from GPs and physiotherapists. She also worked in mental health offering massage treatments.

Sue welcomes you to enjoy, and benefit from, massage, aromatherapy and reflexology – an excellent way to look after yourself, to take time and space for yourself, to relax and recuperate.

All initial sessions start with a consultation and last about 1 hour and 20 mins. Allow about 1 hour 10 mins for follow-up sessions. For massage and aromatherapy you will need to undress down to your underwear. During the massage you will be covered in warm towels except for the area being treated.

Weds eve, Thurs eve, Fri, Sat (as needed)

## **New Cross Natural Therapy**

### **Centre**

394 New Cross Road

SE14 6TY

(opp. New Cross Station)

**Tel: 020 8469 0858**

[www.newcrossnaturaltherapy](http://www.newcrossnaturaltherapy.com)

**.com**

Weds eve, Thurs eve, Friday

afternoon/eve

Saturday afternoon

### **Private Practice**

*(Treatment for men by referral only)*

Honor Oak, near Forest Hill, SE23

(2 mins from Honor Oak Station)

**Tel: 020 8699 0287**

**Mobile: 07952 541164**

[www.EmbodyForYou.com](http://www.EmbodyForYou.com)

### **Visiting service available**

Gift tokens

for all occasions

Treat someone you love

### **Advice and ideas!**

~ It is inadvisable to eat a large meal or drink

alcohol before treatment

~ Drink plenty of water afterwards to help

flush out toxins

~ Allow some time and space afterwards to

relax and to reap the full benefits

~ If possible, it is good to prepare your skin

prior to treatment by taking a shower/ bath

# **Relax & Revitalise**

~ helpful for anxiety, tension and stress  
~ relieves back, neck and shoulder pain

## **Massage**

## **Aromatherapy**

## **Reflexology**

**Sue  
Thomas**

ITEC MCThA



***All Massage Treatments £45  
Reflexology £42***

Free initial consultation  
Please ask about concessionary fees