

In-Room Facial or Foot Reflexology Massage with Arabella

A one hour massage costs £50 – please note bookings and payments must be made directly with Arabella. IHM is 30 minutes and cost £30. Clients can also combine treatments as they wish.

A bit about Arabella

Arabella is currently based at The Practice Rooms in Bath and also runs a clinic in Dorset. She is a wonderful therapist that is absolutely passionate about what she does.

INDIAN HEAD MASSAGE

Indian head massage is a deeply relaxing Ayurvedic massage of the head, face, shoulders and upper back. It helps to unblock knots and alleviate tension. Energy points called Marma points are also gently stimulated. Warm sesame oil is drizzled over the head to help relax the nervous system, it is then massaged into the scalp, shoulders and upper back. Sesame oil is used for its balancing and nutritive effect; it helps stimulate the scalp and strengthen the hair follicles.

FACIAL REFLEXOLOGY

Facial Reflexology is a deeply relaxing holistic facial massage which has its roots in both modern and ancient techniques and traditions. It helps to unblock the energy channels in the body, creating more flow, balance and energy. Incorporated into the treatment is a deeply relaxing massage to the shoulders, neck and scalp. It works on significant areas of the body where stress affects major muscle groups, helping ease tension and release fibrous knots

It also has a lovely anti-ageing effect because it:

- Stimulates the facial muscle, nerves and circulation.
- Helps activate the lymphatic system which has a role in eliminating toxins from the body.
- Improves the elasticity and tone of the skin
- Helps release tension held deep within the facial muscles
- Encourages build-up of new tissues



Rose hip oil is used for its rich source of essential fatty acids, Vitamin C and Retinol which makes it very effective at encouraging tissue regeneration and healing scars.

REFLEXOLOGY

Reflexology is an ancient form of foot massage based on the discovery that there are points on the feet that correspond to organs and systems within the entire body. By stimulating these points it is possible to reduce stress, boost the immune system, improve circulation and energy flow.

Like Facial Reflexology it is deeply relaxing and can help restore and maintain the body's natural equilibrium. It has been shown to be effective in treating conditions such as back pain, sciatica and digestive disorders.

