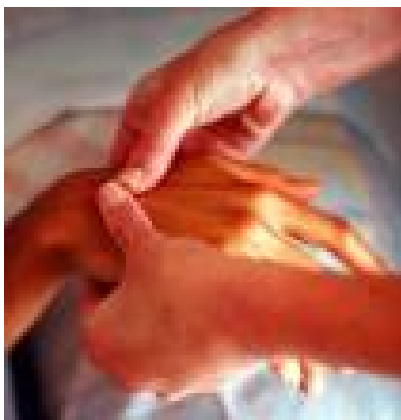


## Massage Oil

I use sweet almond oil for the massage as it is beneficial for hydrating the skin. Using an oil during massage allows long slow relaxing strokes to be used on the skin to reduce friction. It is possible to use creams or gel if you prefer. If you are intolerant to nuts please let me know in advance so that I can arrange an oil substitute and make the environment as 'nut free' as possible. During the massage the neck and shoulders are frequently massaged, if you would prefer not to have oil on your hair and face please let me know.



Cygnets House Dental Surgery  
Grace Swan Close  
Hundleby  
Spilsby  
Lincolnshire  
PE23 5LT



### How to find us in Hundleby

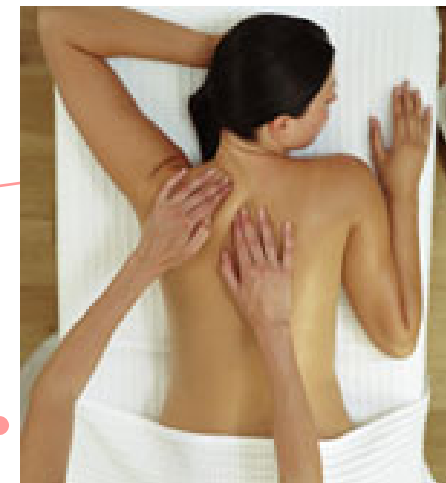
Leave Skegness - head towards Partney from Burgh on the A158. Then left (1<sup>ST</sup> Exit) from Partney Roundabout. Turn right opposite the Spilsby turning - signposted Horncastle. Cygnets House Dental Studio is the 2<sup>nd</sup> Left after you have turned onto the B1195. Turn left at the Hundleby Sign into Grace Swan Close. Our building is the main detached building at the BACK of the car park.

For appointments or further enquires please call or email:

**Phone:** 07764 492 255

**E-mail:** Lois\_slocombe@hotmail.com

Complementary  
Therapy at Cygnets  
House



Lois Slocombe



# Therapeutic Massage



## Why should you have a massage?

Massage:

- **Decreases** blood pressure
- **Increases** and improves circulation
- **Eases** stress and tensions within the body
- **Improves** flexibility
- **Promotes** relaxation and aids sleep
- **Improves** posture
- **Reduces** pain
- **Aids** metabolism and detoxification
- **Gives** you the opportunity to treat yourself to a well earned break

## What happens during a treatment?

During your first treatment you will be asked to fill in a questionnaire and answer a few questions about your lifestyle and general health.

## What do I wear?

During a massage you will be asked to leave only underwear on as oils will be used on the skin. Towels will be used to cover up areas that are not being massaged.

## Price List

One hour full body massage    £25.00

Please allow 15 minutes extra for a 1st appointment

Half an hour massage    £15.00

There will be a cancellation charge if less than 24 hours notice is given.

Gift vouchers are available in values of

£15.00 and £25.00

Concessionary rates available please ask for details

## About me

I trained at the University of Westminster, London for 3 years working towards a Complementary Therapies BSc (Hons) degree. During my time at university I have studied many different types of massage ranging from Thai yoga massage, sports massage, shiatsu and Cranio-sacral technique. These modules have given me an extensive knowledge of different approaches and methods which I incorporate into Swedish massage to achieve an overall relaxing massage. I am due to further my studies in September by studying Indian Head massage, Reflexology and baby massage which I intend to incorporate into the practice in the future. As a complementary therapist I specialise in massage however may also give you some lifestyle and general health advice.



For appointments or further enquires please call or email:

Phone: 07764 492 255

E-mail: Lois\_slocombe@hotmail.com