



Heather Bilton - Holistic Practitioner

Clinical/Holistic Massage- A treatment designed to assist in the healing process and to target muscle imbalance and restriction in a holistic way. Think of it as massage – but with a focus on remedial treatment – particularly in the areas where you are experiencing the most stress. Each treatment is intuitively tailored to the individual combining massage techniques including Swedish; deep tissue, trigger point therapy, myofascial release; soft tissue release to encourage flexibility and mobility; and acupressure to clear energy channels. Although during the treatment we may focus on a specific problem, as a holistic therapist I work with a listening and healing touch at all times and treat the whole person. The outcome should always, therefore, be an increased sense of well-being and a feeling of deep relaxation.

Aromatherapy Massage- Aromatherapy involves the therapeutic use of aromatic essential plant oils to restore and maintain physical health and emotional well-being. Each essential oil has a distinct chemical make-up which determines its unique set of therapeutic properties. These can be used to help in reducing pain, tension, anxiety and stress, inducing deep relaxation and improving sleep and energy levels.

Pregnancy Massage- A massage during pregnancy can help to relieve many pregnancy related problems such as backache, pelvic strains and heavy or tired legs. It can also help you to relax and mums often report sleeping better after a treatment.

Reflexology- More than just a foot massage, reflexology works on pressure points on the feet, known as reflex points, which correspond to different parts, organs and systems of the body. By working on the reflex point, reflexology aims to correct any imbalances in the body. Reflexology enables the body to enter into a deep state of relaxation which then allows the body to stimulate it's own healing properties.

Japanese Face Massage- Using anma and acupressure techniques, this massage affects the deep and superficial muscles of the face, reduces the development of wrinkles, improves the appearance of the skin, and encourages the elimination of metabolic waste products. The stimulation of acupressure points and meridians will also help to balance the whole body. Clients report feeling incredibly relaxed during the massage, but very soon afterwards, energised and revitalised.

Treatment price- £60 for 1 hour
(Spaces are limited over the weekend and I therefore advise early booking).

Contact: Heather on 07775694961 to book or if you would like to discuss any of the treatments.