

# HILDEGARDE THERAPIES



## Relaxing Swedish Massage

Suitable for Adults Children Babies and Special Needs  
Destress and melt away muscle tension with this deeply relaxing technique using effleurage strokes to stimulate the circulation and lymphatic systems and nourish the skin

## Therapeutic Deep Tissue Massage

For those wanting a deeper therapeutic massage using a variety of techniques including petrissage and trigger point to maintain maximal muscle function catering to the clients personal tolerance level

## The Original Bowen Technique

The Bowen Technique is a gentle but very dynamic therapy, which empowers the body's own healing resources, achieving balance and harmony, frequently resulting in fast and lasting relief from pain and discomfort

## Easing Scalp Face & Neck Massage

Easing away tension and pressure from muscles and sinuses, stimulating circulation and the lymphatic system

## Relieving Foot Massage

Enjoy a heavenly Foot Massage using a special formulae the feet will love

### MENU

<u>Massage Choices</u>	30m	60m	90m
Relaxation Swedish	40	70	90
Therapeutic Deep Tissue	45	80	100
The Bowen Technique		50	
Scalp-Face-Neck Massage	35		
Foot Massage	35		

HILDEGARDE THERAPIES aim is to formulate a Personalised Massage Package to suit your needs

-ENJOY-

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