

Annexe Complementary Therapies Guide

Indian Head Massage

This is a massage of the head, neck, shoulders and back which can be both invigorating and relaxing

Back Massage

Commonly known as Swedish massage, relieves muscle tension and pain and increases flexibility and mobility

Reflexology

Reflexology consists of pressure and massage of the reflex points found on the feet

Reiki

This treatment is non-invasive the therapist simply places their hands gently on different areas of the body, particularly the head and the torso, for about three to five minutes, energy is transferred from the hands of the practitioner, with the goal of restoring the body's energy to a state of balance.

Shiatsu

The word shiatsu means "finger pressure", and shiatsu is sometimes described as a finger pressure massage. The treatment calms an overactive sympathetic nervous system, which improves circulation, relieves stiff muscles, and alleviates stress.

What happens during a therapy session?

Therapy sessions are usually for a minimum of one hour, the first appointment includes an initial assessment, completion of registration form and contra indication checklist. If certain health conditions are present (e.g. high blood pressure, epilepsy) then a doctor's consent may be required for all Therapies, except Reiki.

During events and open days 30 minute taster sessions may be available, these also must include registration and contra indication checklist and if necessary doctors consent may be needed.