



YOUR SENSES

www.cometoyoursenses.co.uk

Specialist Massages in:

- Lymphatic Drainage (MLD)
- Sports Injury
- Hot Stone
- Indian head
- Therapeutic

Also offering:

- Ear Candling
- Reflexology
- Aromatherapy



Gift vouchers
available



**PROFESSIONAL THERAPISTS
FULLY QUALIFIED & INSURED**



FHT
Federation
of Holistic
Therapists

MEMBER

Tel: 023 9252 4499

104 High Street, Gosport PO12 1DS

Sports Massage

Benefit from faster recovery of damage and trauma to the muscles, reduce injury healing time, increase flexibility, improve circulation. Reduce muscle tension, cramping and inflammation.

Shoulder, neck & back **£28**
Full body **£45**

Lymphatic Massage (MLD) **£50**

Therapeutic Massage

Calming, soothing and relaxing. Eases stresses and strains of everyday tension. Feel the positive effects immediately.

Full body **£40**
Back, neck & shoulders **£25**

Reflexology **£32**

A natural therapy using pressure point massage on feet or hands. It helps assist the body's natural healing process. A very relaxing therapy that can help headaches, migraine, insomnia and everyday stresses.

A course of 6 **£165**

Hot Stone Massage

Aromatic, relaxing, warming, detoxifying. Volcanic basalt stones are heated to a comfortable temperature and used with massage. A real comfort treatment.

Full body **£50**
Back, neck & shoulders **£30**

Hopi Ear Candling **£25-40**

Relaxing treatment for ears. Helps alleviate symptoms of wax build up, pressure, sinus congestion. Includes face & head massage.

Aromatherapy Massage

Aromatherapy oils are blended together to suit you personally. Calming and peaceful or invigorating and uplifting, the choice is yours.

Back, neck & shoulders **£28**
Full body **£42**
Full body, head & face **£50**

Indian Head Massage **£30**

Treating the upper back, shoulders, neck, head and face. With or without oils. Feel the tension leave and the mind cleared.

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