

# Holistic Massage Therapy at Home



Location **Wales, Mid Glamorgan**  
<https://www.freeadsz.co.uk/x-539626-z>

At Precious Healing Holistic Therapies we believe it is important to take time out from our busy lifestyles to focus on our well being. We make it easier for you to take a well deserved break by providing our treatments in the comfort of your own home. We are fully qualified and insured so you know you are in safe hands.

We will provide all the necessary equipment needed to carry out treatments including a portable massage couch approximately 182cm x 60cm so adequate room will be needed to carry out treatments. We provide mobile holistic treatments to women throughout Cardiff and Newport.

Full Body Massage - Spare an hour out of your busy schedule to indulge yourself in the ultimate relaxation and opt for our full body massage. Swedish massage techniques are used to alleviate tension, break down muscular knots and submerge you into a deeply relaxed state which will leave you feeling revitalised.

Back, Neck and Shoulder Massage - If you don't have time for a full body massage why not enjoy a back, neck and shoulder massage. Using Swedish massage techniques to ease sore and aching muscles thirty minutes is all you need to feel as good as new.

Indian Head Massage - Head massage has played an essential part in Ayurvedic medicine and has been practised throughout India and parts of Asia for centuries. Massaging the head and neck increases oxygen to the brain, boosts energy, clarifies the mind and has a beneficial knock-on effect to the rest of the body.

Japanese Hand and Arm Massage - Japanese hand massage is a unique blend of shiatsu and reflexology used to stimulate and refresh the hands and arms. The Japanese hand and arm massage

uses stretching and acupressure to open any blocked energy channels within the body, calming an overactive nervous system, improving circulation and reducing tension. Thai hand and arm massage is a unique blend of shiatsu, reflexology, Chinese massage and yoga. It is said to stimulate the flow of internal energy and therefore has a beneficial effect on the overall health of the body. Thai hand and arm massage is ideal for people who do their hand repetitive tasks such as typing, knitting, playing sports like tennis, weight lifting or physical labour which can put a strain on your hands and arms. Regular treatments can also ease pain and improve movement in sufferers of rheumatoid arthritis.

Thai Foot and Leg Massage - Thai foot massage uses elements of shiatsu, reflexology, Chinese massage and yoga. The feet are one of the most overworked parts of the body and tend to lack the attention they deserve. Why not indulge in our Thai foot and leg massage to give your feet the attention they deserve. This treatment is ideal for people who are on their feet for long periods of time and suffer

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from sore, aching legs and feet after a long days.