

The Aviva Holistics Approach

So that your therapist can understand all your requirements, you will be asked to complete a detailed consultation before the start of your first session covering all aspects of your wellbeing. This ensures that you have the most suitable therapy and guarantees that you receive maximum benefit from your treatment.

Swedish Massage

Swedish Massage is renowned for its positive effects on the body and mind. The various movements benefit the skin, blood vessels, lymphatic system, nerves and some internal organs. The more vigorous movements result in speeding up the body's physiology, whilst the slow, gentle movements have soothing effects, calming the nerves and enabling the client to relax.

Aviva Holistics has a range of massage medium available. Each treatment will be performed using the most appropriate oil or cream for the client's skin type.

We offer three relaxing alternatives.

Full body Swedish Massage	1 hour	£45.00
Back, shoulder and neck Swedish Massage	³ / ₄ hour	£40.00
Intensive stress-busting massage using advanced Swedish Massage movements concentrating on the back and shoulders.	1 ¹ / ₂ hours	£50.00

Aromatherapy

Aromatherapy is the art and science of using oils extracted from aromatic plants to enhance health and beauty.

At Aviva Holistics we only use pure essential oils extracted from flowers, herbs, spices, woods and fibres. Each essential oil affects a different aspect of a person's health. Apart from the physical benefits, essential oils can also have subtle effects on emotions.

Each person's requirements are different; therefore, every client receives a personalised blend of oils following an in-depth consultation.

Aromatherapy massage	1 hour	£50.00
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Reflexology

Reflexology uses precise pressure points on either the feet, hands or ears, to promote psychological and physiological self-healing. Each pressure point corresponds to both a specific organ of the body and an area of the client's psyche.

Reflexology is a highly successful method of reducing the physical and emotional stresses, strains and anxieties of today's society. Works with each of the body's systems, helping to restore the natural balance throughout without harmful side effects. Reflexology promotes overall relaxation.

Reflexology

1 hour £45.00

Indian Head Massage

Approximately one-third of the tension of the body is carried in the head and shoulders. Indian Head Massage involves relaxing massage of the head, neck and shoulders, helping to relieve the stress and tension that so many people carry.

This is a very relaxing, non-invasive therapy, as it does not require the removal of any clothing and is performed without oils. We at Aviva Holistics see this treatment as the ideal introduction to complementary therapies. There is no requirement for a therapy bed; we provide a specialist massage chair. It is a perfect treatment for stressed executives during their lunch.

Indian Head Massage

½ hour £30.00

Lymphatic Drainage Massage

This treatment works on the lymphatic system, which is responsible for removing toxins from the body's tissues and the production of cells that are part of the immune system.

By stimulating the lymph glands and vessels, this massage helps boost the immune system and remove excess fluid from the muscles, thus improving their tone and aiding their relaxation.

Lymphatic Drainage Massage

1½ hours £50.00