



Massage Therapy at Alde Garden

A short stroll or a quiet cycle ride from Alde Garden, along the lanes of Sweffling, will take you to visit Sue Smith - Massage Therapist.

Sue has been practising Massage Therapy since 2001. She trained at the Clare Maxwell-Hudson School of Massage in London where she gained an ITEC diploma in Anatomy, Physiology and Body Massage, covering both theory and practice. Since qualifying, Sue has specialised and achieved further qualifications in the field of massage.

Sue continues to work within the NHS and has recently moved to Suffolk, having previously lived and worked in London and Surrey for the last 25 years.

How can massage therapy help you?

Massage is one of the most widely practised of the complimentary therapies. Its benefits are for all and include relieving stress both emotional and physical, easing pain, reducing anxieties, reducing the effects of chronic conditions such as headaches, migraines, arthritis, insomnia, digestive problems and aiding recovery from operations and injury.

Massage therapy can create an environment for total relaxation and a time to unwind, so benefiting the mind, body and soul.

The type of massage therapy practised by Sue is an holistic approach based on Swedish Massage techniques. To aid the massage an oil is used, usually based on sweet almond oil, with a premix of essential oils to address individual needs and preferences.

At all times the individual's privacy and dignity will be respected.

Prices:

Hand and Foot Massage

These areas are very sensitive to the touch of massage and so gives the individual instant relaxation.

30 minutes - £25 (including arms and lower legs)

Back and Neck Massage

The back and neck areas suffer from the pressures of daily living - this is especially so for people who are desk based or drive many miles each day.

30 minutes - £25

Body Massage

Taking time for a longer massage treatment allows the therapist to concentrate on the areas identified by the individual to relieve stress and tension. A combination of the above body areas will be worked upon.

60 minutes - £40

"very professional... beautiful setting... very relaxing and therapeutic"

"a charming woman - a very good listener with a good sense of humour. She allows the client to set the ambience - which is perfect. Absolutely brilliant!"

***FOR BOOKINGS CONTACT SUE SMITH ON:
01728 664119***

Cranio-sacral therapy and aromatherapy

Another short stroll from Alde Garden - but this time across a meadow - will take you to the village of Rendham where Trish Schreiber (RGN RCST RQA) can offer Cranio Sacral Therapy or Aromatherapy massage.

Craniosacral Therapy

Craniosacral therapy is a hands-on therapy using very light touch and no manipulation. The therapist can then listen with her hands to what is going on in your body, and can implement a subtle yet deep healing process specific to your body's needs. It is gentle and safe and suitable for all ages, from babies to the elderly, and also in fragile or acutely painful conditions.

As a whole body therapy, Craniosacral Therapy may aid people with almost any condition, by raising the vitality and enabling the body's own self-healing processes to be utilised.

But you don't have to be ill or have any particular symptoms to benefit from Craniosacral Therapy. The alleviation of life's stresses, and the increased sense of vitality and well-being that Craniosacral Therapy can bring are welcome to most of us at any time.

60 minutes - £30

Aromatherapy

Aromatherapy is a treatment involving the use of specially selected essential oils which are believed to have a wide range of properties to aid your enjoyment of life including treatment of physical and psychological ailments.

60 minutes - £25

***FOR BOOKINGS CONTACT TRISH SCHREIBER
ON: 01728 663360***

Reiki

This treatment is available in Sternfield - which is just a short drive/cycle ride (4.5 miles) from Alde Garden.

Reiki is a natural healing energy activated by intention. It works on every level, not just the physical, and promotes the body's regenerative self healing ability. Hands are placed on or near the

body (no need to remove clothing) while the recipient is either seated in a chair or laying down on a couch. Rieki treats holistically, restoring the natural balance of mind, body and spirit and thus create an improved quality of life. It is wonderful for relieving stress,

60 minutes - £25

***FOR BOOKINGS CONTACT CHRISTINE
JOHNSON ON: 01728 605888***