



Michelle Claire Therapeutic Solutions

Price List

Encouraging physical and mental wellbeing through massage therapy.
Benefits of massage include:

- **Relieving stress** • **Reduced anxiety** • **Deep relaxation** • **Boosted energy**
- **Reduced depression** • **Improved sleep** • **Relieve muscle tension**
- **Improved circulation** • **Improved skin tone** • **Pain reduction**

Full body massage – 60 minutes <i>Taking you away from reality to a place of deep relaxation encouraging holistic wellbeing with all the benefits listed above.</i>	£40
Back neck and shoulder massage – 45 minutes <i>A treatment to ease pain, encourage relaxation and reduce muscle tension in the upper body.</i>	£30
Eastern bamboo massage – 75 minutes <i>A luxury massage completed using specialist bamboo sticks.</i>	£45
Legs and feet treat – 30 minutes <i>A stimulating massage to renew tired aching legs and feet. A treatment to improve circulation, reduce water retention and put the spring back in your step.</i>	£20
Loving hands – 20 minutes <i>A gentle hand and arm massage to relieve tiredness, reduce tension, improve circulation, relieve joint pain and encourage positive wellbeing.</i>	£15
Pregnancy massage – 60 minutes <i>Helping to support mum and baby through encouraging deep relaxation, relieving stress, encouraging sleep, reducing back pain and tired or swollen feet and legs.</i>	£45

Other services also available:

- **Seated massage in the workplace** • **Impact Wellbeing sessions**

Please contact me for more details and tailor made packages.

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