

## **Swedish Massage**

### **1 hour**

Single/1st Session (incl. consultation)	£39
2-3 Sessions (pre-booked)	£36/session
4-5 Sessions (pre-booked)	£34/session

### **30 minutes**

Single/first Session (incl. consultation)	£25
2-3 Sessions (pre-booked)	£22/session
4-5 Sessions (pre-booked)	£20/session

## **Deep Tissue**

### **1 hour**

Single/first Session (incl. consultation)	£45
2-3 Sessions (pre-booked)	£42/session
4-5 Sessions (pre-booked)	£40/session

### **30 minutes**

Single/first Session (incl. consultation)	£30
2-3 Sessions (pre-booked)	£27/session
4-5 Sessions (pre-booked)	£25/session

## **Physiotherapy**

### **1 hour (typically)**

Initial Consultation	£45/session
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### **30 minutes (typically)**

Follow up treatment	£35/session
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## **Reflexology**

### **1 hour**

Single/1st treatment (incl. consultation)	£30/session
6 treatments (pre-booked)	£25/session

## **Seated Acupressure Massage**

### **20 minutes**

Single/first Treatment (incl. consultation)	£18
2-3 Treatments (pre-booked)	£16/session
4-5 Treatments (pre-booked)	£15/session

(This therapy can be adapted from 10 minutes to 30 minutes. Please ask for prices).

## **Corporate Seated Acupressure**

We provide an on-site service. Please contact us for full information and prices.

### **Cancellation Policy**

A charge will be made for cancellations where less than 24 hours notice is given.

## ***About us***

We provide a professional visiting service by qualified therapists both to private individuals and to companies. Our skilled therapists are highly trained and will adapt their routine to suit your needs.

Our therapies can provide anything from simple relaxation to relief from many common ailments including back/neck aches, headaches, stiffness, etc.

Every person is unique so a confidential health history is taken to ensure that all treatments given are tailored to suit each individual.

We only use qualified massage therapists, reflexology practitioners and chartered physiotherapists. All are experienced in their therapy and fully insured.

We also use the treatment rooms at the Sunkissed Beauty Salon on the Wycombe Retail Park. Sunkissed use the latest technology to provide a complete beauty, tanning, skincare and nail-care service. Tel. 01494 528300 for an appointment.



## ***Fund Raising/Charities Activity***

Please call to discuss how we may help with your fund raising activities. These may include charity events, school PTA events or sports events.

## ***Gift Vouchers***

Available in denominations of £5, £10, £20

# ***Chiltern Therapies***

**Hazlemere  
Buckinghamshire HP15 7UL**

**Tel: 01494 814722**

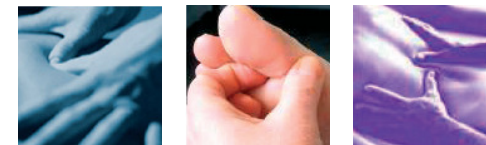
**Mobile: 07947 497654**

**www.chilterntherapies.co.uk**

**THE NHS DIRECTORY**  
OF COMPLEMENTARY AND ALTERNATIVE PRACTITIONERS

# ***Chiltern Therapies***

***Professional visiting  
therapy service***



**Massage** has been with us ever since man first injured himself. It is instinctive to rub or press the area involved to reduce the pain.

Massage, as a form of treatment coupled with exercises, has been passed down for thousands of years. Records show that many ancient civilisations including China, Persia, Japan and Egypt have all practised the art of massage for cosmetic or healing purposes. Homer, in 1000BC, spoke in his Odyssey of beautiful women rubbing and anointing war torn heroes to refresh and revitalise them after battle.

Hippocrates (460-377BC), the father of medicine, used massage as a form of medical treatment for diseases and injuries.

Massage more or less disappeared from the west until Peter Henry Ling of Sweden (1776-1839) developed our modern techniques now known as "Swedish Massage". In the East, however, the techniques based on inner energy meridians continued and moved from China to Japan around 1500 years ago. From here Anma (Japanese for press and rub) and, later, Shiatsu developed.

**Massage** may have benefits at both the physical and emotional level and may include some or all of the following depending upon the techniques used and the duration of the treatment.

**Physical:**

- Tense muscles will be relaxed
- Slack muscles will be toned and strengthened
- Muscles may be protected from damage through exercise
- Posture will be improved
- Joints will be eased
- Lymphatic flow will be increased which aids the removal of waste products e.g. carbon dioxide and lactic acid
- Blood flow will be stimulated providing nourishment to help heal damaged tissue
- Skin tone will be improved
- Sensory nerve endings will be stimulated
- Fatty deposits will be softened and broken down ready for absorption

**Emotional:**

- Relaxing
- Uplifting
- Stimulating
- Stress/Tension Relieving
- Rejuvenating
- Enjoyable



**Massage**

**Swedish Massage** uses a number of techniques to manipulate the soft tissues of the body. Oils are used to reduce friction and allow better soothing of tired muscles. This massage is great for general relaxation.

**Deep Tissue Massage** uses many advanced techniques such as trigger point release, PNF stretching and acupressure to explore and manipulate deeper muscles and tissues and remedy underlying tension. These more powerful techniques are used to bring about relaxation of taught and knotted muscles. This type of massage is particularly beneficial for sportsmen and women to help prevent muscle damage.



**Physiotherapy**

**Physiotherapy** techniques can help rehabilitate injured joints and muscles. Joints are manipulated and mobilised to help return them to a full range of movement. Muscles may be stretched and exercised to help restore full strength and elasticity following tears, strains or pulls. Spinal problems and sports injuries can be treated along with fractures and post surgery requirements. Additionally, ultrasound may be used, where necessary, to bring about an improvement in muscle condition.

**Combining** physiotherapy and massage techniques can also bring about excellent levels of pain relief for many common conditions.

These include:

- Sciatica
- Repetitive Strain Injuries (RSI)
- Back and neck pain (e.g. whiplash, disc prolapse)
- Stress
- Headache and migraine
- Stiff/frozen shoulders
- Tennis/golfers elbow
- Post surgery/fracture
- Acute injuries
- Joint problems (knees, ankles, shoulders etc)
- Tendonitis
- Muscle strain, tears and pulls
- Sprains, torn ligaments
- Women's health, pregnancy, digestive health

If you have a specific issue we will be happy to discuss and advise which is the most appropriate treatment.



**Reflexology**

It is generally accepted that reflexology has its origins in the ancient civilisations of China and Egypt.

Modern day reflexology has been developed from a method known as zone therapy, which was first described in the early part of the twentieth century by an American ear, nose and throat consultant called William Fitzgerald. He discovered that if pressure was applied to certain parts of the body, painful sensations in other areas could be reduced or eradicated.

This theory was studied further by Eunice Ingham in the 1930s. She developed a technique known as 'The Ingham Method of Compression Massage', and she referred to it as 'reflexology'.

The fundamental belief is that all parts of the body and the body's systems are reflected in the feet and hands, and that specific areas, or reflexes, can be massaged in a particular way to bring about healing reactions in the body.

**Reflexology** can have benefits for many physical and physiological conditions including the following:-

**Physical:**

- Headaches and migraine
- Sinus problems
- Breathing disorders
- Digestive problems
- Hormonal imbalances
- Circulatory problems
- Skin complaints
- Maintenance of good health

**Physiological:**

- Sleep patterns regulated
- Digestive system balanced
- Stress levels lowered
- Circulation improved
- Immune system strengthened
- Pain reduced
- Concentration increased
- Energy levels boosted
- Ability to relax improved

Reflexology works with the body's natural flow of energy to maintain balance in physical function and to promote self-healing.

Those not experiencing ill health can also benefit from reflexology, as it is a relaxing and rejuvenating treatment which balances all the body's systems, thus increasing resistance to infection.

Call us to discuss how reflexology may help a particular problem in more detail.