



Heather Bilton - Holistic Practitioner

Holistic Massage- Using organic oils each massage treatment is intuitively tailored to the individual combining massage techniques from Swedish; deep tissue work that targets tight knotted muscles and relieves pain; lymphatic drainage; stretches to encourage flexibility and mobility and acupressure to clear energy channels. My aim is to select a treatment to help each individual achieve an improved state of health and well-being.

Aromatherapy Massage- Aromatherapy involves the therapeutic use of aromatic essential plant oils to restore and maintain physical health and emotional well-being. Each essential oil has a distinct chemical make-up which determines its unique set of therapeutic properties. These can be used to help in reducing pain, tension, anxiety and stress, inducing deep relaxation and improving sleep and energy levels.

Pregnancy Massage- A massage during pregnancy can help to relieve problems such as backache, pelvic strains and heavy or tired legs. It can also help you to relax and mums often report sleeping better after a treatment. A typical session would involve a combination of various techniques including - Swedish And Remedial Massage, Shiatsu, Lymphatic Drainage and healing. Appropriate exercises, stretches, breathing and visualizations may be incorporated as well with aromatherapy oils.



Reflexology- More than just a foot massage, reflexology works on pressure points on the feet, known as reflex points, which correspond to different parts, organs and systems of the body. By working on the reflex point, reflexology aims to correct any imbalances in the body. Reflexology enables the body to enter into a deep state of relaxation which then allows the body to stimulate its own healing properties.

Japanese Face Massage- Using anma and acupressure techniques, this massage affects the deep and superficial muscles of the face, reduces the development of wrinkles, improves the appearance of the skin, and encourages the elimination of metabolic waste products. The stimulation of acupressure points and meridians will also help to balance the whole body. Clients report feeling incredibly relaxed during the massage, but very soon afterwards, energised and revitalised.



All treatments last 1 hour - £55

Contact: Heather on 07775694961 to book or if you would like to discuss any of the treatments.

Holistic Massage

Clinical Aromatherapy

Reflexology