

Massage Therapies

at

Fingle Glen

Fingle Glen Golf Hotel
Tedburn St Mary, EX6 6AF

*Relaxing, therapeutic treatments
to help ease aches & pains, release stress
and improve well-being*



Melanie Winsland

ITEC Dips. VTCT, MCThA
(Member of the Complementary
Therapists Association www.ctha.com)

To discuss & arrange your appointment
01647 270026 - 07762 746222

Email melanie.berry2@gmail.com

(For any cancellations kindly give 24 hrs notice)

AROMATHERAPY

Deeply relaxing aromatic oil massage, tailored to your needs with the therapeutic properties of Essential Oils. Promotes relaxed breathing, aids restful sleep, eases sore & aching muscles, nourishes and improves skin tone.

1 hr—£40

30 mins—£25

Face & scalp massage, 30 mins—£25
(as an add-on—£20)



INDIAN HEAD MASSAGE

A seated massage focussing on the upper body; neck, shoulders, head and scalp.

Can be done with or without oils or through light clothing as preferred. Releases stress, can stimulate hair growth and relieve muscle tension in the head, neck & shoulders.

Eases headaches, sinusitis & eyestrain.

Improves quality of sleep and helps balance the energy systems

30 mins—£25

'M' Technique® Therapy

A 'Light touch therapy' developed to suit those needing or preferring a lighter treatment. Helps reduce stress & tension. Deeply relaxing and balancing to the nervous system. Can be carried out through light clothing or, next to the skin with or without oils.

Induces feelings of calm & relaxation.

30 mins—£25

SWEDISH MASSAGE

The original & vigorous massage using talc or base oil. Deep massage techniques that loosens & relaxes tight muscles. Suits sports people and robust musculature. Stimulating and revitalising

Full-body massage 1 hr—£40

Back, neck & shoulders, 30 mins—£25

HOT STONE THERAPY

Today's ultimate massage.

Uses heated basalt stones with soothing oils to relax the muscles and allow for a deeper & more intense treatment.

Increases circulation and may boost energy levels. Ideal for rheumatic and arthritic conditions as well as muscular pain. Combine with Aromatherapy oils for added therapeutic benefits and enjoy a luxurious treatment.

1 hr 15 mins—£55



Also available
GIFT VOUCHERS-
THE IDEAL SOLUTION



FOR BIRTHDAYS, CHRISTMAS, ANNIVERSARIES ETC