

Are you feeling tired, stressed or in need of a little me time? If so, then massage therapy may be just the thing you need.

Massage can help:

Reduce stress and increase relaxation

Reduce pain, muscle soreness and tension

Improve circulation, energy and alertness

Lower heart rate and blood pressure

Improve immune function

I am proud to use high quality, ethically sourced natural oils from Neals Yards Remedies



About Me



I have been qualified in holistic therapies for over 10 years and I love the benefits my treatments have on clients' wellbeing.

I offer a mobile massage service across Dorset, providing treatments for local residents, holidaymakers, retreat guests, and businesses.

I create a salon experience by providing soft fluffy towels, snuggly blankets, candles, soft music, colour-changing air defusers, and use the best quality Neals Yard Oils.

I love being outdoors and you can usually find me by the sea either walking my dog, sea swimming, paddle boarding, sailing, or having a family BBQ

I am super excited to be part of the Merkabah Retreat Team.

www.seasoulmassage.co.uk



MASSAGE THERAPY

POOLE

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REFLEXOLOGY

Gentle pressure is applied to the reflex points of the feet; these correspond to all major organs and glands of the body. The massaging of these pressure points helps balance the body and restore the free flow of energy and encourage healing. It also helps reduce stress, eliminate toxins and relax the body. Promotes self-awareness and general wellbeing whilst improving circulation.

45 MINUTES - £55

SWEDISH BODY MASSAGE

A hands-on massage which involves manipulation of the deep soft muscle tissue for therapeutic purposes. Helps relieve stress and strain of muscles promoting a feeling of wellbeing, relaxation and stress relief. Supports lymphatic drainage of the major lymph nodes.

40 MINUTES - £50

60 MINUTES - £60

REIKI

Reiki is a fully clothed treatment where hands are placed in a sequence of positions on the body. Reiki works on various levels to help restore the body's energy centres and balance on an emotional, physical, mental and spiritual level. Can help ease stress, tension, relax the body and mind and restore its natural balance by allowing free flow of energy through the body.

60 MINUTES - £55



INDIAN HEAD MASSAGE

A fully clothed hands on massage of the head, neck, shoulders, arms, back, scalp and face. Various techniques are used to stimulate nerve endings and promote relaxation. Helps relieve stress, ease muscle tension and relax the mind and body. Improves circulation to the skin, head and scalp – a thoroughly relaxing treatment to ease away the day's tensions.

40 MINUTES - £50

THERMAL AURICULAR THERAPY

A relaxing treatment to help ease problems associated with the ears, nose and throat. Working on the chimney effect, a hollow beeswax and honey candle is inserted into the ear and the warmth of the flame gently draws out impurities and debris. Hopi candles can help with the removal of excessive earwax, and help ease earache, tinnitus, congestion and headaches,

40 MINUTES - £50