

Price List

Deep Tissue remedial massage	£40.00 per hour
Deep Tissue remedial massage with hot stones	£45.00 per hour
Aromatherapy massage with hot stones and reiki	£50.00 per hour
Reiki with hot stones, finishing with a gentle foot, head and face massage	£40.00 per hour
The original Lastone therapy Massage	£80.00 per 1½ hrs

The session involves a full body massage including feet, hands and face

½ hour Deep Tissue massages are also available for £25



For more information on the Bowen Technique please see other leaflet
Each session is £35.00



I am a Qualified Therapist in:

Lastone Therapy Massage

Swedish and Remedial Massage

Aromatherapy Massage

Reiki 1 & 2

Deep Tissue Massage Using Hot Stones and Essential Oils

I am also a Qualified Bowen Therapist

**For more information contact
Christel Martin
on 01483 427994**

Godalming Holistic Center
Wiggins Yard, Off Bridge Street
Godalming, Surrey GU7 1HW
Tel: 01483 418103
www.christel-natural-therapy.co.uk



Deep Tissue Massage Using Hot Stones

Call Christel on
07962 169044
01483 427994
01483 418103

the original
LaStone[®]

Therapy

massage



What is Stone Therapy?

Stone Therapy is a unique approach designed to reduce stress and anxiety, stimulate the circulatory system, relax the muscles, detoxify the body and balance the nervous system.

Hot Stone Therapy also increases metabolism and decreases pain. Overall, Stone Therapy promotes Self Healing and Vitality in a very gentle way.

What is a Hot Stone Therapy & Reiki session like?

The client lies upon a massage table ideally in underwear. Heavy jewellery, shoes and socks are removed. Heated stones are placed on specific points according to the client's individual needs.

Generally, larger stones are placed on the sacrum or belly area with smaller stones along the spine. Stones are also placed in the palm of each hand and in between each toe. For those with sensitive feet this step can be omitted. Stones are often placed on chakra points, meridians and the forehead. Reiki is then given lightly touching the client's head, shoulders, arms and legs. Light massage of the face, hands and feet is also given.

The original Lastone Therapy Massage with hot and cold stones.

Lastone therapy is the application of geothermotherapy, using deep penetrating heated stones alternating with chilled stones to bring about a chemical release within the body's systems. Lastone works on every level, body, mind and spirit to create perfect balance.

This is a 1 & 1/2 hour massage using hot and cold stones for the ultimate relaxation.



Relax
Let Go
Revitalise

With the Ultimate Aromatherapy
Massage Combining Hot Stones