

# END OF THE ROAD

## Healing Retreat 2016

Here it is - the full list of what's on this year  
pre-booked appointments and early bird discounts available  
[complete an online booking form and we'll be in touch](#)

Name of Treatment	Description of Treatment
Ayurvedic Clinic Treatments	Ayurveda works by treating the whole person, not just the symptom. Through specialist Ayurvedic therapies, including sensory massage that works on marma (vital) points, it's a step away from traditional Western health approaches, nurturing us physically and spiritually.
Acupressure Massage	Acupressure is an ancient Chinese healing method that involves applying pressure to certain meridian points on the body to relieve pain.
Acupuncture	Traditional Chinese Acupuncture is based on knowledge more than 2,500 years old, using diagnosis of the tongue and pulses to tailor a holistic treatment for the individual. Fine, sterile needles are used to re-direct energy through the body, so that equilibrium is restored.
Aromatherapy Massage	Massage carried out with Aromatherapy oils specifically chosen for client's needs. Very relaxing and invigorating.
Bellabaci Massage Cupping	Using medical gauge silicone cups, based on the traditional method of cupping, the effect of this massage may ease stagnation in the massaged segment of a body, creating elasticity in the skin and improving muscle retracting function.
Bowen Technique	A gentle muscle-release therapy from Australia, consisting of rolling moves over muscle and soft tissue. Excellent for relief of joint and muscle pain, as well as systemic issues such as breathing, circulation and digestion
Chinese Cupping	By creating suction, the body can be affected up to four inches into the tissues which helps loosen adhesions, lift connective tissue, activate the lymphatic system, drain excess fluids and toxins and clear colon blockages.
Craniosacral Therapy	A subtle and profound healing form, fully-clothed treatment. People report it helping headaches, whiplash, stubborn injuries, weakness after accidents or broken bones, poor posture, sciatica.
Deep Tissue and Trigger Therapy	Deep Tissue Massage targets the deep tissue structure of the fascia and muscles, referred to as connective tissue, to release muscle tension using specific techniques

[further information on practitioner profiles](#)

# END OF THE ROAD

## Healing Retreat 2016

Name of Treatment	Description of Treatment
Deep Tissue Massage	A massage therapy that focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronically tense and contracted areas such as stiff necks, low back tightness, and sore shoulders.
Dynamic Hands Free Massage	This uses the forearm and elbow for applying firm pressure and creates a flowing fluid massage, by monitoring and adapting to the client's build, comfort and responses
Emmett Technique	Results-driven remedial therapy using gentle direct pressure on specific points to release muscles and realign the body. Practitioners use simple assessments and a system of holding points and "switches" across muscles and soft tissue to relieve pain and increase range of movement quickly.
Holistic Facials	This is a very relaxing treatment that can both stimulate and soothe the skin, helping to delay fine lines and wrinkles, tones facial muscles and reduce tension headaches, leaving you with a feeling of well-being.
Holistic Massage	Relieves tension and stress, promoting relaxation and general wellbeing. It helps relieve muscular aches and pains, improves muscle tone, increases blood circulation and enhances joint flexibility
Hopi Ear Candles	Thermal Auricular Therapy (also known as Hopi Ear Candles) is a pleasant and non-invasive treatment of the ears, used to treat a variety of conditions.
Hot Stone Massage	A deeply soothing and relaxing form of massage, heated stones are incorporated into either a relaxing oil massage or can be used to treat injuries, improve range of movement, flexibility and circulation.
Hot Towel Wet Shave	The classic traditional shave - hot and cold towels, the finest shaving creams, colognes and moisturizers, the sharpest razors combined with facial massage to create a truly relaxing experience.
Indian Head Massage	Performed with the client in a seated position, through light clothing and without the use of oils. A range of different massage pressures and rhythms to stimulate the head, neck and upper back and shoulder area
Mongolian Sky Energy Massage	A more energetically based treatment offering many benefits. This treatment works with energy pathways to help rebalance the body using very slow hands on techniques.
Natural Facelift Massage	This massage incorporates Japanese and Indian Face Massage techniques which improve the complexion, remove toxins from the face, removing wrinkles, reduces adult acne and reduces age spots

[further information on practitioner profiles](#)

# END OF THE ROAD

## Healing Retreat 2016

Name of Treatment	Description of Treatment
Osteopathy (Classical)	Osteopathy is a deep rhythmic stretching and manipulation technique that detects and treats problems with the muscles, nerves and joints often helping posture, energy, digestion, breathing, detoxing, recovery
Physiotherapy	Physiotherapists help people affected by injury, illness or disability through movement, exercise, manual therapy, education and advice
Pregnancy Massage	Prenatal Massage focuses on the mother-to-be as she goes through the changes due to pregnancy and will focus on the concerns of each trimester
Pridasweda Ayurvedic Massage	Massage is applied using a wrapped ball of grains, herbs and spices, warmed and dipped in oil. Enhances circulation, helps detoxification, beneficial for muscular aches and pains, leaving you with an inner glow, and a powerful sense of wellbeing. 1 hour only
Reflexology	A system of massage used to relieve tension and treat illness, based on the theory that there are reflex points on the feet, hands, and head linked to every part of the body
Reiki	Reiki is a form of therapy that uses simple hands-on, no-touch, and visualization techniques, with the goal of improving the flow of life energy
Seated Massage	Uses a combination of ancient eastern techniques combined with a modern western style, concentrating on key areas of stress, the neck, back, shoulders, scalp and arms
Shamanic Healing	Shamanism encompasses the belief that shamans treat ailments/illness by mending the soul. Alleviating traumas affecting the soul/spirit restores the physical body of the individual to balance and wholeness.
Shiatsu	An oriental bodywork which involves applying acupressure to special points and meridians to improve energy flow ( Ki). This supports physical, mental and emotional wellbeing and can also alleviate tension and discomfort.
Sports Massage	Sports Massage is the application of Massage and Stretch techniques to the muscle and connective tissues of the body to promote faster muscle recovery after exercise
Swedish Massage	Refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart.

[further information on practitioner profiles](#)

# END OF THE ROAD

## Healing Retreat 2016

Name of Treatment	Description of Treatment
Thai Body Massage	Pressure and stroking motions move blood, aiding normal circulation, and realign knotted muscles for improved movement.
Thai Foot Massage	Thai Foot Massage is a massage of the lower legs and feet that involves hands on stretching and massage
Thai Yoga Massage	The practitioner guides the client through a series of yoga postures, while working along the body's pressure points, resulting in a comprehensive full body treatment. May relieve muscular tension, improve circulation, boost the immune system and balance the body energetically.
Traditional Thai Bodywork	This ancient form of Body Therapy incorporates both Yoga and Acupressure techniques. With gentle rocking, deep stretching, and compressions it assists in the natural re-balancing of your muscular-skeletal framework.
Warm Bamboo Massage	Warm bamboo massage is a therapy that incorporates heated sticks of varying lengths & diameter, using various massage techniques it helps relax the body to a deeper level, and creates harmony & balance

[further information on practitioner profiles](#)