



MESSAGE INFORMATION AND AFTERCARE ADVICE

What type of body massage does Ribbonwood Country House offer?

Our therapists are trained in Swedish / relaxation / therapeutic massage, Hot Stone massage, Lymphatic drainage, Acupressure and Sports Massage. We include parts of other massage movements such as Thai and Lomi Lomi / Kahuna (Hawaiian) massage. We use different techniques to suit the client's needs.

What do clients wear for a massage?

Some people prefer to be completely naked and some prefer to leave under garments on – either way is perfectly OK. It was whatever the client is most comfortable with. Obviously the area to be massaged needs to be exposed but the rest of the body will be covered with blankets. To avoid massage oil or massage wax staining your clothes it is advisable not to wear your best clothes.

What massage medium is used?

We generally use a carrier oil such as Grape Seed, Almond or Apricot and can add aromatherapy oils to suit. Our favourite is Rose, Geranium and Ylang Ylang. If you have an allergy to nuts please advise us and we will use the grape seed carrier oil. We also have a range of massage waxes.

For the male client who may have some body hair we prefer to use an oil rather than a wax as the oil gives more slip.

What is an Indian Head Massage?

Indian Head Massage is based on an ancient healing system called Ayurveda. It is a holistic therapy which aims to bring balance between mind, body and spirit to promote physical, emotional and spiritual health and well being.

How does an Indian Head Massage work?

The shoulders, neck and head are all energy centres where tensions can build up and can cause problems like a sore / stiff neck and shoulders, eye strain and headaches. By massaging these area's it can help unknot any build up of unwanted tension.

What is involved in an Indian Head Massage treatment?

It is a 30 minute shoulder, neck and head massage whilst seated. The client remains fully clothed and has the choice if they would like oils used on their head and in their hair or not. The oils can aid in the healing process and help to provide 'balance' depending on any ailment. They add a very calming effect – my favourite is Amla Oil.

The Benefits of Massage

- Increases circulation which relieves fatigue in the muscles
- Improves skin condition and colour and brings nourishment to the skin
- Removes tension in the muscles
- Can help remove aches and pain and stiffness in the joints
- Removes waste products more effectively
- Softens and breaks down fatty tissue
- Stimulates or soothes nerve endings in the skin
- Improves skin elasticity and texture
- Induces relaxation
- Promotes wellbeing
- Helps to cope with stress
- Touch can be warming, healing and comforting