

Reiki



An ancient healing technique, based on the principle that the Therapist can channel energy into the client by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being. Leaves you feeling balanced, refreshed and often more energized.

Bowen Technique



Bowen is a versatile and effective remedial form of body work, which works with the soft connective tissue, known as fascia, encouraging the body to re-align, re-set and re-balance itself, furthermore, assisting the improvement of wellbeing, aiding relaxation. A Bowen treatment consists of a gentle rolling action over the fascia, muscles, tendons and skeletal structure of the body - there is no energetic or forceful manipulation with this therapy.

Sports Massage



Sports or Remedial Massage is the systematic assessment and treatment of the muscles, tendons, ligaments and connective tissues of the body to assist in rehabilitation, help with pain and injury management. ... A remedial therapist will have knowledge of anatomy, physiology and pathophysiology to determine where to treat clients. Although designed for athletes or people participating in sport it is very useful for anyone suffering with musculoskeletal problems leading to pain or poor range of movement.

TherapyAid

A charitable organisation, providing complementary therapies to unpaid carers all over Norfolk

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THERAPY AID
HEALTHCARE
STARTS WITH
SELF CARE

Therapies provided include:

Holistic Massage

Reflexology

Reiki

Aromatherapy

Indian Head Massage

Bowen Therapy

Sports Massage

This leaflet gives you information on each of these therapies in order to choose the ones that best suit your needs.

Reflexology



The Treatment is carried out on the feet using massage and pressure on specific points (reflex points).

In this ancient therapy the feet represent all of the body and the Reflexologist aims to work on balancing the whole body to give a feeling of deep relaxation and improved well-being.

Reflexology can be carried out seated or lying down and is great on its own or combined with Indian Head Massage.

Clients regularly report a deep feeling of relaxation often followed by a good night's sleep and improved energy levels. Pain levels are often reduced along with feelings of anxiety.

Worth a try if you feel uncomfortable about massage but want to feel all of the same benefits!

Appointment time 1 hour or combine it with Indian Head massage or holistic massage.

Holistic Massage



Holistic Massage is aimed at providing an individual treatment based on your needs and preferences on the day. So, whether it is a gentle and soothing massage or a deep tissue/tension-relieving massage you are after, the treatment will be adapted just for you. Full body or back, neck and shoulder massage available for 1 hour or 30 minutes.

Aromatherapy



Fragrant essential oils extracted from plants, flowers, tree bark, twigs and the peel of fruits are used for their therapeutic properties as well as their beautiful aromas. They can be used to calm and relax or stimulate and rejuvenate the mind and body. Choose a 1 ¼ hour full body or ½ hour back, neck and shoulder massage using oils specifically blended for you. Oils can also be blended for skin conditions and for homecare products.

Indian head massage



A relaxing yet invigorating massage of the upper back, shoulders, arms, head and face. Based on a type of Ayurvedic massage used by all ages in India to maintain well-being and good hair and scalp condition. Treatment is carried out seated and clothed or clothing can be removed and therapeutic oils used. Leaves the client relaxed but mentally refreshed, eases upper body and neck tension and relieves anxiety and headaches.

Appointment time approx. 30 minutes

Some Therapists may be able to add Aromatherapy oils to most of the therapies included in this leaflet in order to enhance your treatment.

Healthcare starts with Self-care