



TREGULLAND

## Massage Treatments at Tregulland

with Sarah Pridham MCThA



### Treatment prices

Please contact Bonny at Tregulland to arrange treatments.

£30 for 20 minutes

£42 for 30 minutes

£54 for 45 minutes.

*\* Please note for bookings less than 2 hours an admin fee of £30 applies \**

### Swedish massage

Swedish massage is the most common type of massage and a great place to start if it is your first massage or you are concerned that massage might be painful. This technique uses oils to facilitate the smooth, gliding strokes over your body.

### Relaxation massage

While a relaxation massage has health benefits, the massage therapist will probably go slower and avoid deeper work that could be that all uncomfortable. A relaxation massage is excellent if you are a beginner or sensitive to pain and can be a great way to relax if your or life is stressful and hectic.

### Deep tissue massage

Deep tissue massage uses many of the same movements and techniques as Swedish massage and is often incorporated into a sports massage. Generally the therapist will work deeper tissue structures of the muscle and fascia (connective tissue) and it is a more focused type of massage.

### Therapeutic massage

This is just another way to say that the massage is meant to have therapeutic purposes and health benefits. Therapeutic massage is a way to distinguish it from "massage parlor" massage, which was the image that massage had with most Americans back in the 1960s. Therapeutic massage also might indicate that the massage will be a little deeper - not just a pure relaxation massage.

### Full body massage

Full body massage means that the therapist will take at least an hour massaging your back, legs, feet, arms, hands and neck for a totally relaxing experience. If it is a 30 or 45 minute massage, you are better off having the therapist concentrate on specific areas that give you trouble. However, a therapist might take a full hour to concentrate on a specific area because of injury or chronic pain.

### Sports and remedial massage

Sports and remedial massage is the management, manipulation and rehabilitation of soft tissues in the body including muscles, tendons and ligaments and was originally developed for athletes to keep their bodies in great condition and quickly work out any stress or injuries. However, sports massage is good for anyone with chronic pain, injury or range-of motion issues.

### Seated acupressure massage

Modern day seated acupressure, also referred to as on-site or chair massage, is a routine based therapy in which the thumb, finger, elbow and knuckle pressures are used to stimulate many of the acupressure points on the 12 major meridians accessible on the back, arms, hands, neck, head and legs. The basic sequence that is taught today lasts no more than 20 minutes, which makes seated acupressure the ideal 'express' massage. The clever, ergonomic design of an easily portable chair completely supports the client's body in total comfort, allowing the practitioner is it access to the clients acupressure points without removal of clothing or the use of oils.

**Tregulland Cottage and Barn**

Luxury self catering accommodation in Cornwall

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