



Holistic Wellbeing Centre

Holistic deep tissue massage for aching muscles, pain relief & relaxation



...bring harmony into your life

NO HANDS® Massage is a deep and relaxing treatment conceived and developed by UK therapist Gerry Pyves after 20 years of clinical testing. It uses the soft front of the forearm, combined with controlled body weight, to produce a powerful, deep, yet pain free massage.

Structural imbalances can be corrected, areas that you didn't even notice were tense can become loose again: as your body changes, so do your thoughts, emotions and your whole sense of wellbeing.



Ease away tension:

Full Body Massage

Your full body massage will be tailored to your needs and can be focused on specific areas depending on where you feel you need help.

- Aching shoulders • Sore neck • Tired legs • Deep relaxation



Structural Release Massage

This deep structural treatment loosens the muscles in the spine creating freedom in the back, neck and hips to restore equilibrium.

- Back pain • Tight hips • Stiffness



Repletion Massage

This calm, still massage will restore your energy levels. Perfect if you are over-tired and need to feel like yourself again.

- Anxious • Stress • Headaches • Lack of sleep



Detox Massage

This involves the gentle massaging of the colon and reflex points on the feet to strengthen and energise your digestive system. I can also offer advice on a month long detox programme which includes weekly massage treatments.

- Poor digestion • Bloating • Lethargic

As an holistic therapist I create a calm, welcoming space where you can relax and feel at ease. All treatments are held at In Harmony Therapies Holistic Wellbeing Centre in Lees, Oldham.

I am a fully qualified member of the professional NO HANDS® Massage Association.





Bookings

Please call or text me on 07803 031321 to make your appointment. A £10 non-refundable deposit is requested upon booking.

Payment

Cash or card payments accepted.

One hour introductory NO HANDS® Massage treatment for new clients £25

Pay monthly by standing order and enjoy treatments for £35

Full price hour long massage treatment £40

Cancellation

24 hours notice is required if you wish to cancel or amend your booking otherwise full payment will be requested.

Natural Facelift Massage and Organic Facial Treatments

I also offer natural anti-ageing and organic facials using Neal's Yard Remedies award winning organic skincare range. Please call me to find out more and to book an appointment.



Contact me on:

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In Harmony Therapies, 99a High Street,
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These therapies should not be used in place of medical care. Always consult your GP or health professional for medical care or advice.