

3 Signature - Fusion-massage by Trish Buchanan RMT



1. Soft Synergy Drops with Warm Stones

Harmonize your energies, relax relentless tensions and release toxins with kisses of healing essential oils and slow deep strokes of massage with warm polished Basalt stones. You emerge from this experience, calm, centred and deeply restored.

Recommended for: "I'm exhausted! Overworked and overstressed. I need a break."

2. Cranial Sacral & Energy Balancing

Push pause. Lie back and enjoy those soft touches to the spine and cranial bones that encourage the nervous system to relax deeply held tensions. Restoring your natural cranial rhythm, will satisfy the entire body. And then comes the comfort of joint & myofascial release balancing your body's energy flows, while elevating your mood to new heights.

Recommended for: "I'm off balance. I feel tired all the time and I can never seem to relax"

3. Emotional Embrace with Swedish Massage

Unwind the mind and body with traditional Swedish techniques and advanced emotional release techniques that help release the tensions and restrictions hidden deep within the body from negative emotions. This together with sound therapy will leave you renewed.

Recommended for: "I need to centre and restore, I feel spent too often and need to explore more calm. I need to remember how to just enjoy sitting with myself enjoying my own thoughts."

2 Delightful hrs: \$240

December Special: Buy 1 gift card for \$199 and save \$41.