



## Massage, Reflexology And Facial Therapies

### Massage Therapy at Nightingale Hospital

Alongside talking therapies, Nightingale Hospital offers bodywork therapies which can help address both the psychological and physical symptoms for your mental health in the following ways:

- Promotes relaxation and stress relief
- Induces a sense of wellbeing
- Re-connects the mind and body
- Releases muscular tension often associated with stress and anxiety
- Releases endorphins (bodies natural feel good and pain killer hormones)
- Boosts the immune system
- Can help your body detox as well as manage symptoms of withdrawal
- Can be self-validating by doing something nice for yourself

### Available Treatment

- Therapeutic and Relaxation Massage
- Deep Tissue/Remedial Massage
- Lymphatic Drainage Massage
- Indian Head Massage
- Hot Stone Massage
- Reflexology
- Facial Rejuvenation Massage
- Jurlique Organic Skincare Facial
- Dead Sea Spa Facial

After an individual consultation to assess your needs and requirements, a bespoke treatment will be given. All treatments are available for 30 minutes, 60 minutes, 90 minutes or 120 minutes.

### Massage Therapist

Julie Ryan has been the primary massage therapist at Nightingale Hospital since 1998. She has trained in both London, England and Sydney, Australia and has worked in both the private and public sectors.

To book an appointment please ask a nurse on your floor.

All massage must be prepaid in Patients Services Team office.  
You will be given a massage voucher to give to the massage therapist.

# Massage Details

## Therapeutic and Relaxation Massage

A relaxing Swedish body massage to soothe away any stress and tension. This massage will improve your circulation and give your immune system a boost. Essential oils are used to aid relaxation and stimulate the senses.

## Deep Tissue/Remedial Massage

A deeper massage designed to release any deep tissue tension and encourage healthy soft tissue function. It also aids relaxation and can help with pain relief.

## Lymphatic Drainage Massage

A more gentle massage treatment that stimulates the body's lymphatic system. This massage improves metabolism and helps the body eliminate waste and toxins to give your immune system a boost. It is good for reducing puffiness and swelling and has positive effects on people with low energy.

## Indian Head Massage

A "quick fix" massage designed to relax and invigorate. You will be fully clothed on a specially designed ergonomic chair for your comfort. A combination of acupressure and Indian head massage techniques are used in order to relax, de-stress and energise you.

## Hot Stone Massage

Therapeutic heated Basalt Stones are incorporated into a relaxing massage. The localized heat and weight of the stones help to improve the circulation and relieve muscular tension. The warmth of the stones are both comforting and deeply relaxing.

## Reflexology

A massage and pressure point treatment of the feet which encourages the body to balance and heal itself. The feet and hands reflect/mirror the organs and structures of your body as well as your emotional health. A Reflexology treatment can encourage holistic healing as well as being relaxing and helping to reduce stress levels.

## Facial Rejuvenation Massage

The face can mirror both your emotional and physical health, our facial muscles can become very tense and hold onto a lot of daily stress. Facial Rejuvenation Massage is a gentle and non-invasive treatment to improve your appearance by both relaxing and revitalizing the muscles of the face.

## Jurlique Organic Skincare Facial

Jurlique skincare products are both natural and organic, they are effective with proven results. The Facial consists of a deep cleanse and the application of warm compression towels to boost your skins micro-circulation. Followed by exfoliation and specialised massage techniques to release tension and increase lymphatic drainage. A bespoke mask is applied followed by natural effective anti-ageing products and moisturiser for a revitalised and radiant look.

## Dead Sea Spa Facial

Dead Sea Spa Magik products contain a blend of mud, salt and minerals from the dead sea with added certified organic ingredients. They contain no parabens and use allergen-free fragrance. This Hydrating facial is beneficial for all skin types but is especially beneficial for sensitive and dry skin conditions.

## Price list for Massages

Length of the massage	Price
30 minutes	£45
60 minutes	£71
90 minutes	£97
120 minutes	£123

