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**Well Being & Lifestyle
Holistic Massage**



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Well Being & Lifestyle Holistic Massage

Holistic massage therapy treats the whole person, taking into account important lifestyle aspects such as dietary & alcohol intake, physical activity status, type of work and stress levels; working towards facilitation of a healthier lifestyle. It improves wellbeing, complements traditional medicine in the treatment of specific conditions and symptoms, and is a highly desirable ingredient in our often hectic and stressful lifestyles.

How can massage help you?

- Relaxation
- Improved sense of wellbeing
- Reduced stress levels
- Relief from general muscle tension and post exercise soreness
- Improved quality of sleep
- Stimulation of the parasympathetic nervous system, lowering blood pressure and heart rate and stimulating digestion and immunity
- Improved circulation and blood supply to tissues
- Improved lymph circulation, which is instrumental in immunity provision
- Improved skin condition & appearance
- Reduction of water retention e.g. puffy ankles
- Stimulation of a sluggish digestive system/ constipation relief

What does it involve?

At the first consultation with your therapist, you will be asked to complete a detailed health questionnaire which covers every aspect of your health, family history and lifestyle. The therapist will spend 10 minutes going over this information with you and will individually tailor the massage to suit.

The massage is based on Swedish techniques and involves the therapeutic application of touch using a range of movements or strokes upon the skin, muscles and joints. A full body massage takes one hour and focuses on all or specific areas of the body as required by the individual.

We can also offer a shorter half hour massage including the front or back of the body, or a combination of areas as required.

The massage therapist

Angela Hoffman has a BTEC diploma in Holistic Massage Therapy and was trained at the highly respected Essentials for Health at St. Thomas' Hospital, London. As well as massage, she is a Registered Dietitian and Public Health Nutritionist with fourteen years experience of working in the health service, food industry and private practice.

For more information or to make a booking please e-mail angela.hoffman@londonmedical.co.uk or call London Medical on 020 7467 5470.