

ELAINE CHRISTINA

Crystal Therapy

Crystals which are made over hundreds of years by the earth are all natural conductors of energy. The body produces energy through the food we eat, the movements we make in a day and the rest we give the body. The body has a natural flow of energy however sometimes this energy can build up around a joint, muscle, chakra or area of the body causing dis-ease within the body. Crystals acting as conductors can either draw negative energy away from the body or cause the built up energy to flow again in a constructive way around the body, helping the bodys own energy to find its natural equilibrium once more. Crystals can also be used straight away after injury whereas with other therapies you may have to wait a couple of hours due to pain felt within an area. Crystal therapy can be used as a stand alone therapy or in conjunction with other therapies to alleviate stress, tension, muscular pain, or emotional issues. Crystals can also be used to aid in digestion and metabolism, sleeping patterns, self-esteem & anger management issues.

Frequently asked questions:

Will I feel any pain during treatment?

No crystals are placed around the body and although some crystals are placed on the body, these crystals are small in size so will not feel any pain or discomfort. Instead you will feel thoroughly relaxed and sometimes to the point of where you may drift into a light doze. You may also feel heat around an area that has a build up of energy and you will also feel this heat dissipate as the energy flow starts to flow normal again.

Are there any side effects?

No crystal therapy is non-invasive and you are able to complete your day as usual afterwards.

How many sessions will I need?

Treatment varies from client to client and depending on the condition being treated all of which will be discussed at initial consultation and monitored at each treatment afterwards.

Can I have a crystal treatment just for relaxation purposes?

Crystal therapy can help the body maintain its natural equilibrium so can be used as once off "treat" for the body and mind but can also be used on a deeper level to treat conditions should the client have any issues or feel the need.

Indian Head Massage

Indian head massage has been adapted from Ayurvedic techniques to ease tension and strain in the shoulders, neck, scalp and face. It is a highly effective technique for the treatment of stress and stress related conditions. Since it can be carried out anywhere and is relatively quick to perform it is becoming a particularly popular therapy in the workplace.

The numerous benefits of Indian Head massage include:

- Improved circulation and lymphatic drainage to the head, neck, scalp, face and shoulder area.
- A deep sense of relaxation and a feeling of total well-being.
- Relief from headaches and migraine
- Relaxation of the muscles of the head, neck and shoulder area.
- Stimulation of hair growth.
- Improvement in concentration and memory.
- Relief from anxiety and insomnia.
- Alleviation of eyestrain.
- Healthy Skin.
- Confidence and improved self-esteem.

Indian head massage can be performed without the need to undress and may be performed with or without oils.

Neuromuscular Therapy

Neuromuscular therapy is a scientific approach to muscular pain relief .

Neuromuscular Therapy works to balance the musculoskeletal and nervous stems throughout the body to enhance the function of the joints, muscles and natural biomechanics of the body.

With any neuromuscular treatment your therapist monitors six physiological factors that can create or intensify pain patterns:

Ischemia: Lack of blood supply to a muscle which may cause hypersensitivity to touch.

Trigger points: Aggravated points within a muscle which may refer pain to other parts of the body.

Nerve entrapment/ Compression: pressure on a nerve by soft tissue cartilage or bone.

Postural distortions and imbalances: Imbalance of the muscular system caused by movement off the longitudinal and horizontal planes.

Biomechanical dysfunctions: Imbalance of the muscular system resulting in faulty movement patterns.

Nutrition:

Neuromuscular therapy then develops a treatment that is unique and specific to the individual needs of the client. This is done by the manipulation of the soft- tissues of the body ie: muscles, connective tissues & tendons. This type of therapy helps to balance the musculoskeletal systems of the body (skeleton and muscles) and also the nervous system (brain, spinal chord and nerves) of the body aiding in pain relief. This will also give the body a chance to produce its own natural pain killers.

Neuromuscular therapy can be used to treat acute to chronic pain within the body which may have resulted from occupational / sports injuries and or automobile injuries. Specific conditions such as weak or torn muscles, whiplash, frozen shoulder, sciatica, carpal tunnel syndrome, rotary cuff dysfunctions, migraine and back pain.

Frequently asked questions:

Is Neuromuscular therapy painful?

Depending on the severity of the condition, you may feel a mild discomfort however this eases over the course of a treatment. However work on trigger points may feel sore when pressure is applied to them this will also ease during treatment.

Can I have Neuromuscular therapy has many benefits for the musculoskeletal system and the nervous system, so is a treatment with benefits for mind and body.

Neuromuscular therapy also aids muscle function and reduces stress and tension.

It can also be used as preventative measure against injury.

Price Lists

Your lunchtime indulgence.....

Foot Massage: **20 mins** **20 euros**
Soothe the aches and arches, relieve stress & add a sweet treat to your lunchtime

Mini Indian Head Massage: **20 mins** **25 euros**
Release stress & endorphins while soothing tired neck, shoulders and ease tension

Hand Massage: **20 mins** **20 euros**
Aching hands from working at your pc too long,

Mini Back: **20mins** **20 euros**
Workload to heavy no problem, let us take the load off

Its better than chocolate

Normal Price List

Neuromuscular therapy Session:	1hr	65 euros
Orthopaedic Sports Massage:	1hr	65 euros
Crystal Massage	1hr	55 euros
Holistic Massage:	1hr	55 euros
Indian Head Massage:	1hr	65 euros
Foot & Leg Massage:	1hr	55 euros
Back Massage:	40mins	55 euros