



LITTLE COMFORT FARM

Therapy Room Treatments

Relaxation Massage: Be gently lulled into a state of relaxation by a combination of gliding and kneading strokes. Mindful bliss!

Deep Tissue Massage: Working through the deeper layers of muscles, a great technique to reduce tension, soreness and persistent muscle discomfort.

Hot stone Massage: Basalt stones treat the body from head to toe, creating an aura of warmth and deep relaxation.

Intuitive Massage: A blend of techniques are tailored specifically for you, taking into account how you feel on the day and any ailments you may have.

Pregnancy Massage: Pregnancy is a special time when a positive nurturing touch can be incredibly relaxing and refreshing for both Mum and baby.

Reflexology and lower leg massage: This ancestral therapeutic treatment is a blend of Chinese Tuina, Japanese Shiatsu and Ayurveda Yoga practices, and is suitable for all ages and pregnant women (over 15 weeks).

Frozen Shoulder: Use of the Neil Asher Technique to drastically reduce the duration this syndrome.

Traditional Thai Massage: Focuses on the entire body, releasing both deep and superficial tensions and re-educating your body into a new and improved posture.

Therapeutic Thai Massage: Thai Therapeutic massage is effective in treating common physical ailments brought on by stress, strain or non-serious accidents. It can focus on any part of the body.

Thai Herbal Ball: Thai Herbal Ball Massage is a traditional Thai massage that incorporates the use of a steamed herbal ball, a key element of Thai Medicine.

Children's Massage: Relaxation and body awareness achieved through massage can improve the responsiveness and focus of your child. Our therapist is experienced using massage techniques on all ages, from baby upwards.

Baby Massage Introduction: Massage is a lovely way to connect with your baby and sooth troubles like teething and tummy pain. Massage techniques are demonstrated on a doll while you practice on your baby. If you have time, a couple of sessions are recommended.

Child Massage and baby massage introduction are 1hr treatments (£55).

All other treatments last 1.5 hrs and are £82.50.

If you would prefer a 1hr massage, please let us know.