



LITTLE COMFORT FARM

Chrysalis Treatment Menu

Book a treatment with Amy:

almaetherapies@gmail.com / 07956 762270

Great Comfort Intuitive Massage 1.5 hour £120

Our therapists use their extensive knowledge and experience to blend techniques specifically for you, taking into account how you feel on the day and any ailments you may have.

Relaxation Massage 1 hour £85, 1.5 hour £120

Be gently lulled into a state of relaxation by a combination of gliding and kneading strokes. This is a full body massage.

Aromatherapy Massage 1 hour £85, 1.5 hours £120

Where the power of nature meets the power of touch. A massage designed for deep relaxation and mindfulness using preblended pure essential oils. A truly holistic experience for body, mind and spirit.

Hot Stone Body Massage 1 hour £90, 1.5 hours £128

Hot stones are used with hands on massage to relieve pain and tension in your muscles. Applying heat to the body increases blood flow and improves healing by speeding up the lymphatic system. This is a deeply relaxing and comforting massage to receive. It can help relieve anxiety and stress and aids sleep as well as many other benefits.

Sports Massage 1 hour £85 or 1.5 hours £120

Working through the deeper muscle layers to reduce tension, soreness and persistent muscle discomfort. Your therapist may blend in hot stones or audio sonic work. In the sports massage, Amy may blend in some targeted stretching techniques. Your heart rhythm slows down and fluid in your joints flows freer aiding the release of deeper muscle layers and myofascia. Resistant 'knots' become smaller as toxins are flushed from tissues.

Neal's Yard Organic Facial 1 hour £85 or with full body massage 2 hours £150

This rejuvenating facial will deeply nourish, hydrate and revitalise your skin. Featuring a double cleanse, exfoliation, mask application and a lifting, contouring, lymphatic massage. During the mask, a calming hand and arm or neck shoulder and scalp massage will work through tension and restore balance to the body