

Soft Tissue Therapy & Sports Massage

SOFT TISSUE THERAPY

You do not have to participate in sports to get musculoskeletal pain and dysfunction, it can be due to daily stresses and lifestyle, it can be caused by your occupation, your posture and structure for example.

STT is the assessment, treatment and management of soft tissue injury, pain and dysfunction primarily of the neuro musculoskeletal system. It is ideal for people who want to reduce chronic pain and restrictions, correct posture, enhance range of motion, relax and thus improve their quality of life. Along with assisting the body to regain full strength following an injury or musculoskeletal trauma, it speeds up recovery, removes adhesions and scar tissue.

SPORTS MASSAGE

Sports massage therapies are specific to the individual. Focusing on areas of the body that are overused and stressed from repetitive and often aggressive movements. Many aspects of sports massage therapy are useful components in a balanced training regime. Sports massage therapy can be used to enhance pre-event preparation and reduce recovery time for maximum performance during training or after an event. It is extremely effective whatever your sport and regardless of whether you are a novice a professional athlete or sports person. Specially designed sports massage promotes flexibility, reduces fatigue, improves endurance, helps prevent injuries and prepares the body and mind for optimal performance.

CIRCULATION

- Rhythmically applied manual pressure improves blood flow supplying muscle cells with oxygen and nutrients.
- Massage boosts the immune system and increases energy levels by removing bacteria, toxins and other waste from soft tissue.

FLEXIBILITY

- Massage relaxes contracted muscles whilst 'waking up' and stimulating those that are weak or inactive.
- Regular treatments can significantly improve posture and make everyday movement much more efficient.

RELAXATION

- Touch stimulates nerve receptors and releases physical and emotional tensions.
- Massage can ease breathing and counteract stress related conditions.
- It increases positive sensory input which can act as an alternative to medication for sleep and relaxation.

PAIN REDUCTION

- Massage speeds up the flow of oxytocin - a hormone relaxing muscles and making you feel calm and content. It stimulates the release of endorphins - natural painkillers and mood elevators, whilst reducing levels of stress hormones.
- Touch raises the amount of impulses transferred to the brain. If the pain signals are mixed with other impulses travelling along the nerves, the pain signals often don't get through.

ANXIETY RELIEF

- Regular treatments can alter the body's biochemistry by lowering the levels of hormones elevated by prolonged stress.
- Massage increases the levels of dopamine - responsible for brain's reward system; serotonin - the mood boosting neurotransmitter and oxytocin - the hormone especially important for women, released when we are close to loved ones and often blocked by stress.

See website or contact John for prices.

If you fail to attend a booked appointment or cancel with less than 24hrs notice, a full charge of the treatment may be incurred.



TREES TREATMENT ROOMS

Zoe MacDonald; IHBC, IHHHT

07769 646 858

John MacDonald; MISRM

07855 584 146

77 High Street, Cheveley CB8 9DQ
www.treestreatmentrooms.com
Out of Hours Treatments by Prior Arrangement

WAXING

Half Leg - lower leg	£20.00
Half Leg - upper leg	£22.00
Back of Thigh	£14.00
Three Quarter Leg	£25.00
Full Leg	£32.00
Bikini Line	£18.00
Brazilian Bikini Line	£21.00
Brazilian plus	£26.00
Hollywood or Playboy Bikini Line	£32.00
Underarm	£13.50
Forearm	£19.00
Full Arm	£27.00
Lip	£11.50
Eyebrow Wax and Shape	£13.50
Back / Chest	£27.00
HOT WAX ALSO AVAILABLE	P.O.A.

THREADING / HOT WAX

Facial hair removal involving twisting a thread of cotton between fingers. Ideal for sensitive skin.

Eyebrows	£13.50
Lip	£11.50
Chin	£12.00
Cheeks	£17.00

EYES

Eyelash lift (Lifts, Volumises, Lengthens and Tints lashes) lasts 6-8 weeks	£52.00
Eyelash Tint	£19.00
Eyebrow Tint	£11.00

Tinting and Eyelash lift will both require a patch test 24 hours prior to the treatment.

EVE TAYLOR FACIALS

An illuminating and intensive facial treatment, using expertly blended aromatherapy essential oils, that offer highly therapeutic and effective benefits to both the skin and the senses. Tailored to your individual skin requirements. Includes an arm, foot and facial massage for overall relaxation and well being.

Prescriptive facial	£62.00
Target plus facial (30 minutes) intense treatment	£45.00

AROMATHERAPY MASSAGE

(ladies only)

Full Body Massage (60 minutes)	£55.00
Back, Neck and Shoulders (30 minutes)	£34.00

HOPI EAR CANDLES

The holistic alternative to ear syringing. 45 minute treatment, including facial drainage massage

(will require at least 2 treatments) £43.00

REFLEXOLOGY

The ancient art of diagnosing imbalances within the body through pressure points in the feet. A gentle therapeutic massage applied to the feet to release blockages and restore the flow within the body.

£43.00

HANDS

An indulgent, rich and relaxing experience for your hands.

CND Spa Manicure (painted with strengthener only)	£32.00
CND Luxury Spa Manicure (includes paraffin wax)	£42.00
Re-Varnish (shape and polish only)	£22.00

For Coloured Polish add £6.00 to the above prices.

For French Polish add £8.00 to the above prices.

SHELLAC / OPI GEL COLOR

Soak-off gel. Flawless colour that lasts 2-3 weeks.

Application only	£34.00
Removal, Condition & Tidy	£22.00
Removal & Re-apply	£42.00

For French Polish add £8.00 to the above prices.

FEET

CND Spa Marine botanicals and sea salts are perfect for energising and refreshing tired feet.

Pedicure (no polish)	£38.00
Luxury Spa Pedicure (includes paraffin wax)	£55.00
Pedicure & Gel application	£48.00
Re-Varnish (shape and polish only)	£22.00

For Coloured Polish add £6.00 to the above prices.

For French Polish add £8.00 to the above prices.

It is advisable to wear flip flops following a pedicure.

MINX

A revolutionary and unique colour application system, that will not chip or smudge and requires no drying time.

Shape, Cuticles and application	£38.00
Pedicure and application	£55.00

Gift Vouchers Available For All Occasions
To Suit Your Requirements