

Healing Hands

Massage as a healing tool has been around for thousands of years in many cultures. Touching is a natural human reaction to pain and stress, and for conveying compassion and support. Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain and muscle tension.

As well as the numerous physiological benefits, massage can help to:

- Reduce stress and anxiety by relaxing both mind and body
- Create a feeling of well-being and enhanced self-esteem
- Promote positive body awareness and an improved body image through relaxation
- Ease emotional trauma through relaxation

Each client is unique, just as the technique of each therapist is different. Knowing this I keep an open mind and listen to the needs of the client. I use skilled hands and intuitive observations to give you and your body what you need most at that moment. Whatever your needs may be, my aim is to restore balance to the mind and body.

I offer:

Swedish massage. This is a gentle form of massage that uses long strokes, kneading, deep circular movements, vibration and tapping to help relax and energise you.

Hot Stone Massage. This is a deeply relaxing treatment that effectively releases stress and tension in the body. The heat of the basalt stones encourages the muscles to release quicker than traditional massage and is particularly beneficial for muscular aches and pains, insomnia, back pain, stress, tension and depression.



Relax Renew Revive
Healing hands
shakti studios

Massage prices

- Full body - £35.00
(Bikram members) - £25.00
- Back / Neck / Shoulders - £25.00
(Bikram members) - £20.00
- Hot stone - £45 (50 Mins)

Lunchtime express

- Arms / Hands - £7.50 (15 Mins)

Crystalec gel polish nails

- 7/10 day application
(Party nails)
Hands - £10.00
Toes - £10.00
- 21 day application
(Holiday nails)
Hands - £20.00 *SPECIAL OFFER*
Toes - £20.00 £30 for both

Special discounts for students with NUS cards (Ask for details).
Terms and conditions on website.



TO BOOK contact Nikki

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