

Bonne Santé

Therapy Centre

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COMBINATION MASSAGE

We are delighted to be able to offer our “Signature Massage” to clients. The Combination Massage was developed in response to our client’s needs and our desire to deliver the most effective treatment.

At Bonne Santé all our therapists are highly trained and experienced. During the course of their careers many skills have been learnt and practiced. Frequently when visiting the centre for a treatment clients may have several and conflicting requirements. For example, they may be stressed and have a particular muscular problem. Rather than offer an “off the shelf” therapy such as a Swedish or an aromatherapy massage our therapists will discuss with the client their needs tailor a massage to that particular treatment. This may well be a Combination of a number of disciplines.

Elements that may be included are: Swedish, Aromatherapy, Deep Tissue, Holistic Medical Massage for back, neck or shoulder pain, Scalp and Foot Massage, Hot Stone Fusion and Lymphatic Drainage.

Combination Massage will begin with a brief discussion of what the client is looking for during the treatment. This may anything from a serious pamper to addressing any muscular problems. Our experienced therapists will draw from all their skills and suggest a specific treatment for that session. This will start with some gentle massage to warm up the muscles, progressing to remedial/deep tissue work and ending up with a wind down period during which relaxing therapies such as aromatherapy, foot/head massages are used.

This approach we believe is unique in Sussex. Our clients are finding this method of massage very effective. This popular treatment is effective with relief of symptoms associated with muscular tension and anxiety.

The Combination Massage is suitable for men and women of all ages. Because of its flexibility it can be adapted to suit most peoples’ needs.

If you are interested in this treatment or would like more information more please call the Centre.

A Centre of Excellence for Complementary and Alternative Therapies in Comfortable and Relaxing Surroundings for Male and Female Clients of All ages