

Need to De-stress?



Experts estimate that upwards of ninety percent of disease is stress related. And perhaps nothing ages us faster, internally and externally, than high stress. While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage can, without a doubt, help manage stress.

This translates into: **Decreased anxiety, Enhanced sleep quality, Greater energy, Improved concentration, Increased circulation, Reduced fatigue.** Furthermore, clients often report a sense of perspective and clarity after receiving a massage. The emotional balance bodywork provides can often be just as vital and valuable as the more tangible physical benefits.



Reviving

Deep Tissue Massage

Alleviate stress, ease aching muscles & revive the senses with this powerful, customised massage. Dynamic blends of essential oils are prescribed to target individual needs & reduce specific stress & muscle tension.

Snr Therapist: £58 | Management: £62
Deep Tissue Back Massage
Snr Therapist: £33 | Management: £36



Injuries

NEW Sports Massage

Sports massage works to help correct muscular imbalances, problems or conditions. A treatment is personalised to meet your individual needs and often involves a combination of techniques. The focus isn't on relaxation but on preventing and treating injury and enhancing performance. An effective therapy for releasing muscle tension, restoring balance to the musculo-skeletal system and preventing injuries.

(30 mins) - £36 | (45 mins) - £46.50 (60 mins) - £62



Relaxing

Wellbeing Massage

The unique Ten Cultural Touches make this much more than just a massage. The power of this ancient touch creates sensations of pleasure & wellness to deeply heal your mind & body, whilst soothing your

soul. Your body is lightly brushed, then gorgeously warmed pure massage oils, prescribed to your needs, are smoothed over the face, body & scalp.
Snr Therapist: £53 | Management: £57
Well Being Back & Shoulder Massage
Snr Therapist: £33 | Management: £36



First Timer

Swedish Massage

Excellent introduction to massage. It increases oxygen flow in the blood & releases toxins from the muscles thus easing muscular tension, improving circulation and relaxing your entire body, as well as your mind.

Snr Therapist: £48 | Management: £51
Back & Shoulder Swedish Massage
Snr Therapist: £25 | Management: £27



Gentle

Aroma Stone Therapy

Warm Basalt stones melt away tension. Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst

luxuriously warmed oils are massaged deeply into the body for maximum relaxation.
Snr Therapist: £68 | Management: £71



Calming

Indian Head Massage

Effective, simple treatment for the relief of neck & shoulder stiffness, eye strain and headaches. It can help to reduce muscle tension, release stagnant energy & rebalance the whole body, leaving you

with a feeling of peace & calm. *Snr Therapist: £39*



Nurturing

Mother-to-be Massage

The nine-month journey of nurturing is a special time working with two heartbeats as one. Combines tried & tested safe pregnancy massage techniques adapted to each stage of pregnancy. We use specialised positioning on our unique beanbag to ensure the ultimate in comfort & relaxation. Helps to relieve tension in your lower & upper back & alleviate any swelling in the hands and feet whilst easing your mind & uplifting the spirit.

Recommend: 1 treatment every 2 weeks in 1st/2nd trimester & 1 treatment every week in 3rd trimester. *Snr Therapist: £59 | Management: £64*



Personalised

ambers Fusion Massage

A personalised blend of Swedish, Deep Tissue & Wellbeing massage techniques to suit the individual.

Snr Therapist: £53 | Management: £58

ambers Fusion Back Massage
Snr Therapist: £32 | Management: £36



Balancing

Reflexology

A Reflexologist, through applying a form of massage to the hands or feet, can identify imbalances in the body & using a specialised technique will work all reflexes on the foot to

induce relaxation, restore the free flowing energy to the whole body & to stimulate your body's own healing processes to achieve balance & harmony.
Snr Therapist: £39



Stimulating

NEW Lymphatic Drainage Massage

Stimulates the body's lymphatic system through a very gentle & rhythmic massage. The body works more efficiently, which in turn boosts the immune system, clears blockages, eliminates toxins, transports nutrients to cells & increases the metabolism. Also helps with swellings & oedemas.

(30 mins) - £26.50
(45 mins) - £40
(60 mins) - £53

Get Social with us...

 /ambersbeautystudio

 @AmbersToo



ambers

www.ambersbeauty.co.uk

BOOK ONLINE



40 Long Chaulden, Hemel Hempstead

01442 248002

