

about your therapist

Jenny Hayward has worked in 5 star salons & spas across London and is now based in the heart of London, targeting the busy lifestyles & pace of the city.

“Since I learned the sequence for Swedish body massage I have been inspired by the effects of massage. One of my earlier clients, who suffered from nervousness, anxiety & long term stress, told me after a massage that it was the first time in years she had experienced such relaxation & calm. Inspired by this and how my massage technique could help people feel better, I wanted to know more and work with different types of massage techniques. As a professional massage therapist I believe that in a neutral environment our bodies are well equipped to deal with short - term stress situations and the imbalances they create but long term stress, often caused by work pressures and hectic lifestyles can have serious negative effects on our bodies.

Throughout my career I have become distinctly aware of the many great benefits massage brings to people and that everyone regardless of sex, age and occupation can appreciate how powerful the treatments can be.

It'll never stop amazing me how great people feel after a session! ”

Regular treatments can prevent illness and maintain a state of well being.

contact us

magic2beauty is located at:

therapy City
18 widegate Street
bishopsgate
london e1 7hu



It is one minutes walk from Liverpool Street rail and underground station.

To make a booking please
call Jenny on:

0788 777 1967

or log on to the website:

www.magic2beauty.com



magic2beauty

MASSAGE TREATMENTS BY APPOINTMENT

the treatments



introduction

We now live in the 21st century where technology is developing rapidly and with work pressures ruling our lives there is less time for ourselves. The world has become a smaller place and due to the high paced life we live, people neglect their bodies and wellbeing. Holistic treatments are more important now than ever, if we are to manage today's stressful pace.

Even though conventional medicine can help heal our bodies and more advanced formulas are being produced, the basic premature form of touch, used by our ancestors as a form of healing is still one of the most effective ways to treat another human being.

Back to basics - for thousands of year's different types of massage treatments have been used around the globe to treat and heal. Now it's your turn to experience the benefits of holistic massage. Welcome to a world of wellbeing!

the treatments

Deep Tissue Massage is a massage technique that focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas.

Deep tissue massage usually concentrates on more specific areas and may cause some soreness during or right after the massage, however, you should feel better than ever within a day or two.

Swedish massage is a relaxing and invigorating treatment. The main purpose of this massage is to increase circulation and release toxins from the muscles. Swedish massage also helps reduce stress, both emotional and physical, and is suggested in a regular program for stress management.

Aromatherapy massage is a lighter massage which uses essential oils to relieve aches, pains, and reduce stress. Aromatherapy is also recommended as the better solution to enforce a healthier mind and body. During the massage, spinal pressures, muscular release, lymphatic drainage and foot reflex techniques are used to target the nervous system, affecting every organ and structure of the body while the essential oils work at a physical and emotional level as the aromas are inhaled. During your consultation oils will be chosen depending on your specific needs.

Indian head massage is a revitalizing and an uplifting treatment working on the upper back, shoulders, scalp and face. These areas are massaged with a firm and gentle rhythmic fashion involving acupressure points. Traditionally Ayurvedic oils are massaged into the scalp for their many therapeutic properties however the use of oils is optional.

This particular form of massage can be used to relieve eyestrain, insomnia, migraines, stiff necks and shoulders and headaches.

La Stone Therapy is a popular healing treatment that has been around for thousands of years. This treatment uses hot basalt stones which retain heat for long periods of time. The therapist places them on areas of tension so the client rests on a heated bed of stones. The therapist then uses the hot stones to massage the body and further relax the muscles. The benefits of the stones include pain relief, neck and back pain relief, deep relaxation and stress reduction.

prices

Swedish massage

30 min	£25
60 min	£45
90 min	£60

Deep Tissue

30 min	£35
60 min	£55
90 min	£75

Aromatherapy

75 min	£60
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Indian Head massage

30 min	£20
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Hot stone massage*

90 min	£70
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*available late 2007

treatment packages

You can also purchase a course of 5 of the same treatments and receive a sixth complimentary treatment. Please note that once booked courses are non refundable or transferable.