

Not sure what type of massage works for you? Try one of our combo packages to find out. You can use any combination of massages from the list from any professional who offers them! The ultimate taster session.

Pain Relief Combo Package £80

Choose 4 x 30 minute tasters from:

- Aromatherapy Massage
- Swedish Massage
- Tuina Massage
- Pain Relieving Massage (specific pain point)

Pressure Point Combo Package £80

Choose 4 x 30 minute tasters from:

- Reflexology
- Indian Head Massage
- Thai Leg and Foot Massage
- Tuina Massage

Please note that each combination package can only be purchased once per customer



Health Hives with other services:

- Pregnancy to Parenthood Hive
- Womens Health Hive
- Mens Health Hive
- Mental Health Hive
- Diabetes Hive
- Joints and Bones Hive

To Book or for information

Call 01244 915 603

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There may be contra-indications which mean a treatment is not suitable for you or it needs to be customised. Check when booking as each service is different.



Beehive
HEALTHCARE



Which Massage is right for me?

back - neck and joint pain -
muscle aches - insomnia - headaches -
stiffness - gout - soft tissue injuries -
stress - fatigue - tension -
frozen shoulder - arthritis -
lupus - fibromyalgia - MS -
many other chronic conditions

All massages can be an effective treatment to:
*reduce stress, tackle tension, help aches and pains
and reinvigorate you*

**Particular strengths of each massage are outlined
Choose the right massage for you!**

Authentic Thai Massage

- **Traditional** Thai floor level massage
- Can have leg and foot massage only
- Combines pressure point massage with stretching techniques
- Wear loose comfortable clothing

Particularly effective for:

- Chronic back pain
- Sciatica
- Fatigue

Indian Head Massage

- **Traditional** Indian Ayurvedic treatment
 - Scalp, neck and shoulder massage
- Particularly effective for:**
- Insomnia - headaches
 - Reducing tension - tense muscles

Swedish Massage

- Combines various techniques to break up muscle knots
- Gentle or intense pressure can be used

Particularly effective for:

- Back, neck & joint pain management
- Rehabilitation from muscle injury
- Back pain
- Fatigue

TuiNa Massage

- Traditional Chinese healing massage with Chinese medicine practitioner
- Wear loose comfortable clothing
- Often combined with acupuncture

Particularly effective for:

- Back, neck & joint pain
- Frozen shoulder
- Improving Qi energy of the body

Bespoke Holistic Treatments

Customised to your individual needs
Treatments may include:
Massages: sports, deep tissue, aromatherapy
Therapies: Trigger Point
Therapy and Manual Lymphatic
Drainage

Particularly effective for:

- Stress related conditions
- Muscle aches
- Benefits for dementia sufferers
- Arthritis

Pregnancy & Post Natal Massage

For 2nd, 3rd & 4th trimester
Can be combined with other prenatal treatments when delivered by Mother Nurture

Particularly effective for:

- Encouraging relaxation and enhancing mood
- Reducing anxiety, fear and tension
- Aiding sleep
- Reducing back pain, sciatica, pelvic pain and carpal tunnel symptoms
- Reducing swelling of the hands, feet and ankles

Aromatherapy Massage

- With customised essential aromatherapy oils
- Gentle, relaxing and de-stressing
- Can be tailored to your needs

Particularly effective for:

- Stress related conditions
- Muscle aches
- Benefits for dementia sufferers
- Arthritis

Pain Relieving Massage

A Swedish Massage with an all-natural, organic, vegan, seed-based massage product

- Full body massage or
- Tailored to target only specific pain points

Particularly effective for:

- Pain caused by inflammation due to arthritis, gout, lupus, back pain, knee pain
- pain following prolonged exercise

