

## ABDOMINAL MASSAGE

Many people suffer with constipation and have to rely on medication to ease the symptoms of abdominal pain, bloating, cramps, wind and infrequent bowel movements.

There is a pleasant alternative - Abdomen and Bowel Massage

Benefits:

Non invasive

Pleasant

Effective

Can reduce the need for long term laxative use and enemas

No known adverse side effects

30 minute session - £25

Clients will be taught self massage to use between treatments and treatment will include Foot Reflexology and Hand Massage

Please note: The treatment outcome is NOT guaranteed and it is not a medical treatment.

*Not suitable for clients with the following:*

*History of malignant bowel obstruction, History of inflammatory disease of the intestine, Spastic colon (not to be confused with IBS) Pregnancy, Unstable spinal injury, Recent scarring, Skin Lesions*