

ABOUT EMMELYN

Emmelyn is VTCT qualified in Reflexology, Aromatherapy, Swedish and Sports massage. She is also trained in Indian Head Massage.

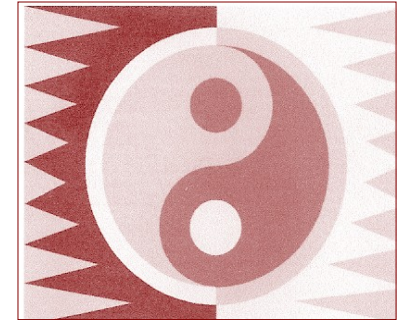
Emmelyn studied Holistic Therapies at Norwich City College, in addition to the main therapies the course included lymphatic drainage techniques which she uses when appropriate.

Following a period of chronic back pain and headaches, Emmelyn decided that the benefits she had received from Holistic treatments were so great she would like to help people in the same way, thus embarking on a career in this field. She believes that the therapies she offers help on both an emotional and physical level.

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EMMELYN CORNISH

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AROMATHERAPY
SWEDISH AND
SPORTS MASSAGE
INDIAN HEAD
MASSAGE
REFLEXOLOGY

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TREATMENTS AVAILABLE

SWEDISH MASSAGE

Swedish massage is a soft tissue massage. It involves various movements, the slightly deeper techniques are used for specific areas of tension or where the muscles are thicker. Feel free to state your preference for pressure as it can range from light to firm.

AROMATHERAPY MASSAGE

Aromatherapy is a soft tissue massage with essential oils. These oils are extracts from various parts of plants, fruits, flowers, bark, roots or resin. The essential oils are individually chosen for each client and mixed with a carrier oil.

REFLEXOLOGY

Reflexology is the application of pressure on specific points on the feet which are believed to correspond to every part of the body. It is performed on a couch either laying down or slightly elevated for your comfort.

INDIAN HEAD MASSAGE

This is a seated massage which focuses on the upper body. It involves a range of different movements, including stroking and gentle pressure to points on the face and scalp. Followed by some quicker movements and deeper massage techniques over the neck, shoulders and upper back.

SPORTS MASSAGE THERAPY

Sports massage therapy works on a specific problem area. This may be sport related but could also be for the general aches and pains from every day life such as posture, work or children. The massage tends to work much deeper into the muscle with the use of specific massage techniques.

AFTERCARE ADVICE

- ◆ Drink plenty of water to help your body flush out the toxins that have been released
- ◆ Relax and rest
- ◆ Eat light meals
- ◆ Avoid alcohol and caffeine.

BENEFITS

After a treatment benefits vary for each individual but you may feel it;

- ◆ Helps with relaxation
- ◆ Improves your mood
- ◆ Aids sleep
- ◆ Relieves anxiety and stress
- ◆ Help to regulate hormones
- ◆ Promotes a sense of general well being
- ◆ Relieves tension.

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