



## Spa treatments at *The Rou Estate*

### WESTERN MESSAGES

#### Relaxing massage (based on Swedish massage)

60 min

A relaxing massage is wonderful for easing tense and overworked muscles. Different rhythmic strokes are used to knead muscle tissue and improve circulation, which can also help reduce the stiffness of arthritis and other joint pain. Oils are used to ensure smooth, flowing movement during the massage.

#### Aromatherapy

60/80 min

Aromatherapy treatments have both physiological and psychological effects. The combination of massage and the medicinal and therapeutic qualities of the essential oils can soothe, revitalise, uplift the spirit, encourage positive thinking and boost the immune system enabling the body to heal itself. After a consultation, selections of essential oils are blended with carrier oil which is specifically chosen for your needs. Aromatherapy Massage involves a smoother gliding type of pressure, moving tension from the whole body.



#### Back massage

25 min

Partial relaxing massage, concentrating on the back problems (includes neck and shoulders).

#### Relaxing head and face massage

25 min

Releases the muscles of the face and head to help bring clarity of the mind, release emotional stress, stimulate circulation, relax tense muscles, and improve muscle tone (includes neck and shoulders).

#### Partial massage

45 min

Includes back, neck, head and face – can be changed according to preference

#### Sports massage

45/60 min

Sports massage is particularly helpful to athletes - it is used before, during and after sports events. When a massage therapist works the soft tissues of the body, there are a variety of benefits such as preventing injury, working out the soreness, and enhancing sports performance. A sports massage can be stimulating, it can be relaxing, or it can be a relief from pain. Techniques for sports massage are borrowed from traditional massage styles, such as Shiatsu and Swedish massage. .

## FAR-EASTERN MASSAGES

### Hot stone massage

75/90 min

The premise behind hot stone massage therapy is that the direct heat of the stones relaxes muscles, allowing the therapist access to deeper muscle layers. Combining hot stone protocols with a full body massage provides a very healing and effective experience. The warm stones also expand blood vessels, which encourages blood flow throughout the body. The stones have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.



### Thai foot massage

40 min

This treatment works on similar principles as reflexology - applied pressure on specific points of the feet to stimulate internal organs, encouraging the body and mind to balance as well as activating the body's natural healing mechanism. However, the therapist will use a specifically designed stick as well as hands.

### Abhayanga (Ayurvedic massage)

70 min

This is a full body massage where oil is applied all over the body and a specific pattern of movements is given with firm pressure. Its benefits include improved appetite, alertness throughout the day, better sleep at night, reduced stress levels, glowing skin and reduction in overall mental and physical fatigue. The oil is chosen according to body type.

### Traditional Thai massage

80 min

Thai yoga massage is a deep full body treatment in which the therapist uses hands, elbows, feet and entire legs to move the client into a series of yoga stretches. This helps to stimulate, open and balance the flow of energy through the body's Sen lines, relieving stress and pain and encouraging the body in its natural tendency towards self healing. Typically no oils or lotions are used, and the massage is performed outside on the floor, on padded mats. The client wears loose comfortable clothing.

## BODY TREATMENTS

### Salt body scrub

30 min

A mixture of salt, essential oils or herbs and oils. A sea salt scrub benefits your skin by exfoliating and removing old skin cells, leaving you with hydrated, smooth, more lustrous skin. Exfoliation not only improves skin tone, but it can relieve the symptoms of certain skin disorders, such as acne, eczema and psoriasis. If you have sensitive skin it is best to stick with sugar or herbal body scrubs. Massaging with a scrub containing essential oils not only improves the quality of skin, but also provides relaxation.

### Oatmeal body scrub

30 min

Oatmeal, milk, olive oil, essential oils. While acting as a gentle exfoliant, oatmeal also has many benefits. This cereal possesses anti-inflammatory, antioxidant, anti-itch and many other impressive properties. It helps in replenishing skin moisture, thereby keeping the skin hydrated and smooth. It draws out skin impurities from the skin surface without causing irritation, leaving behind soft and silky skin. The most impressive part about this edible ingredient is its suitability for all skin types. It is excellent for people with hypersensitive skin as well as there are virtually no side effects.

### Sugar coconut body scrub

30 min

Coco-nut flakes, coco-nut oil and brown sugar. Exfoliating with a sugar scrub relaxes the mind with its delicious smell. Sugar is also full of glycolic acid, an alpha-hydroxy acid that is crucial for maintaining healthy skin. The natural glycolic acid in sugar not only helps condition and moisturise skin, but protects it from toxins. Sugar scrubs are typically considered gentler than those made from salt, so recommended for those with sensitive skin.



## BODY WRAPS (scrub included)

### Sea mud mask + salt/sugar body scrub

70 min

Improves blood circulation and natural skin generation. Fine mud grains cleanse the skin and remove dirt particles, impurities and toxins. Proven to provide effective relief for skin disorders such as psoriasis, eczema, acne and wrinkles. Moisturises skin and helps natural skin hydration. Sea mud has many amazing health properties and in addition to the ones listed above also helps treat and relieve some other ailments including arthritis, muscle stiffness, muscle ache, rheumatism, joint inflammation and even itchy, dry skin.

### Seaweed mask + salt/sugar body scrub

70 min

Seaweed body wraps cleanse and detoxify the body making it an excellent herbal skin care treatment. The skin absorbs the minerals that are essential for restoring its tone and vitality. These minerals in the seaweed body wrap help to disperse local fatty deposits ensuring soft, fresh and healthy looking skin. General seaweed body wrap applications are good for cellulite, connective tissue debility with water retention, slackened dermal tissue after pregnancy and after intensive slimming treatment.

### Anti-cellulite treatment (salt body scrub + massage)

70 min

By improving circulation fatty areas are softened and released over time. The kneading and gentle rubbing soothes the tension in the muscles and improves blood flow. It works through targeting the lymphatic system and draining accumulated fluids often associated with cellulite. It can break up fatty deposits and expel excess water. However, to reduce cellulite several sessions with a massage therapist are necessary.



### Yoghurt body mask + Oatmeal body scrub (face included)

80 min

Greek yoghurt with honey, turmeric and herbs help moisturise the skin. Plain yoghurt is excellent for the skin as it leaves the skin glowing due to the low amount of acidity in it which will restore natural pH balances. It also hydrates the skin and soothes sunburn or irritated skin. Honey is full of anti-microbial properties and is a natural antioxidant. Compounds in turmeric have anti-fungal and anti-bacterial properties. Ground oatmeal not only serves as a wonderful exfoliant, it also absorbs and removes surface dirt and impurities while leaving skin nourished and hydrated. It has been known to soothe and heal everything from acne and sunburn to dry, flaky skin. Given its gentle nature, it is also ideal for those with sensitive skin.

### Rejuvenating treatment

(sea mud wrap + 30 min sports massage)

This combination is particularly good for athletes as the sea mud wrap has many benefits for tired or aching muscles, as mentioned above, and prepares your muscles so that you get the most out of your sports massage.

## FACE TREATMENTS

### Soothing face treatment with oatmeal

50 min

According to the skin type natural ingredients such as yoghurt, turmeric, oatmeal, coconut, jojoba oil, shea butter and essential oils can help to soothe and refresh the skin. Neck and scalp massage is included.

### Natural face lifting treatment

50 min

The deep and intensive lifting massage technique makes mature skin feel fresh and alive. The neck and scalp is included which aids relaxation. The natural massage oils and essential oils are chosen according to your skin type. A gentle peel helps to prepare skin for the massage.

