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## *Spa treatments at The Rou Estate*

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### WESTERN MESSAGES

#### **Aromatherapy**

60 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 consultation, a selection of essential oils is blended with carrier oil, specifically chosen for your needs. Aromatherapy Massage involves a smoother gliding type of pressure, removing tension from the whole body. If necessary, the pressure can be firm to remove muscle tension.



#### **Back and neck massage + head and face**

40 min

Partial massage, concentrating on back problems, includes shoulders, neck. Releases the muscles of the face and head to help bring clarity of the mind, release emotional stress, stimulate circulation.

#### **Swedish massage**

60 or 45 min

Swedish massage therapy is wonderful for soothing tight muscles and boosting well-being. Swedish massage also offers a whole host of other health benefits, including easing muscular strain by flushing out toxins, improving blood circulation and blood flow throughout the body, helping to keep ligaments and tendons supple and improving range of motion, reducing emotional and physical stress, easing back pain and chronic pain.

Swedish massage involves long strokes using light-to-firm pressure.

## FAR-EASTERN MASSAGES

### Thai foot massage

40 min

This treatment works on similar principles as Reflexology covering the feet and the lower leg. It involves hands on massage and stretching techniques opening the 'Sen' energy lines, along with the use of a traditional Thai massage stick. Pressure is applied on specific reflex points on the feet to stimulate the internal organs, encouraging the body and mind to balance as well as activating the body's natural healing mechanism. The circulation of both blood and lymphatic fluid will be improved and the immune system boosted as well as stimulating the elimination of toxins. This treatment is a wonderful stress reliever promoting deep relaxation.



### Hot stone massage

75 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.

### Ayurvedic massage

70 min

This is a full body massage where oil is applied all over the body and a specific pattern of movements are 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 works to stimulate, open and balance the flow of energy through the Sen lines to assist the body in its natural tendency towards self-healing. This is achieved through rhythmic manipulation of Sen lines; mobilisation of joints; passive stretches and applied Hatha Yoga asanas. The therapist uses hands, elbows, knees, feet and legs to move the client into a series of yoga stretches. No oils are used in Thai massage. The client wears comfortable clothes, and the massage is performed on the floor on padded mats.

## BODY TREATMENTS

### Salt/sugar body scrub + back and neck massage

70 min

A body scrub will exfoliate your skin, sloughing off dead skin cells and rubbing away hard and flaky skin, leaving it feeling soft and smooth. A scrub can be really invigorating as well and improve the circulation of blood and lymph to the surface of the skin, helping to improve your skin tone.

### Sugar coconut body scrub

(coconut flakes, coconut oil and brown sugar.)

70 min

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 they are recommended for those with sensitive skin.



### Seaweed mask + salt/sugar body

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 would be for cellulite, connective tissue debility with water retention, slackened dermal tissue after pregnancy and after intensive slimming treatment.

### Yoghurt body mask + sugar body scrub

70 min

Greek yoghurt with honey, turmeric and herbs help to moisturise the skin. Plain yogurt is good for the skin because it leaves skin glowing due to the low amount of acidity in it, which your natural pH balance. It is also ideal for adding hydration to the skin and for soothing sunburns or irritated skin. Honey is loaded with anti-microbial properties and is a natural antioxidant. Compounds in turmeric have anti-fungal and anti-bacterial properties.

### Salt body scrub

Mixture of salt, essential oils or herbs and oils

70 min

A sea salt glow benefits your skin by exfoliating and removing old skin cells, leaving you with hydrated, smooth and 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's 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.



## FACE TREATMENTS

### Soothing face treatment with oatmeal

50 min

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

### 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, rose water help to rejuvenate the skin. Essential oils are chosen according to your skin type. A gentle yoghurt scrub helps to prepare skin for the massage.

