

Hydrotherm Massage



Hydrotherm is a very relaxing form of massage that differs from other types of massage in that it is carried out with the client lying face up on two cushions that are filled with warm water, heated to between 30-40 degrees.

This ensures the whole of the client's back is in contact with the heat and is ideal for those who find lying face down uncomfortable. I use massage oil and slide his hands between the client's body and the cushions. This means the pressure is upwards rather than downwards and so works against the body's weight.

The water supports the body and the heat from the water enables tight muscles to begin to relax before the massage even starts. The system is designed to give perfect spinal alignment whilst in this position.

Hydrotherm can be useful in the context of medical conditions such as MS, ME, arthritis and muscle strains, as well as helping with postural correction.

30 minutes— 30.00
60 minutes— £45.00