



LITTLE COMFORT FARM

Chrysalis Massage Menu

Full Body Relaxation Massage: 1 hour £70 or 1.5 hour £100.

Be gently lulled into a state of relaxation by a combination of gliding and kneading strokes. Mindful bliss!

Deep Tissue: 1 hour £75 or 1.5 hours £105.

As much efficient as enjoyable. Working through the deeper layers of muscles, a great technique to reduce tension, soreness and persistent muscle discomfort. Your therapist may blend in hot stones or audio sonic work. Your heart rhythm slows down and fluid in your joints flows freer which in turn helps the release of deeper layers of muscles and myofascia. Resistant 'knots' become smaller as toxins are flushed from tissues.

Hot Stone Body Massage: 1 hour £75 or 1.5 hours £105.

Hot stones are used as a tool along with hands on massage to relieve pain and tension in your muscles. Applying heat to the body increases blood flow and improves healing. This is a deeply relaxing and comforting massage to receive. It can help relieve anxiety and stress and aids sleep as well as many other benefits. Provided gently it is an amazing massage to help speed up the lymphatic system.

Hot Stone Reflexology: 1 hour £70.

This ancestral therapeutic treatment focuses on the feet and lower legs. The hot stones are soothing and are used as tools to work into the reflex points. It is said that one stroke of a hot stone is worth five strokes of a hand and is believed to provide a deeper treatment and give longer lasting effects compared to a normal reflexology treatment. The heat from the hot stones helps to relax the muscles and allows the therapist to work deeper into the reflex areas with gentle pressure.

Indian Head Massage: 1 hour £70.

Ancient healing method using massage techniques on areas of the body most affected by stress; the scalp, face, neck, shoulders and upper arms. Perfect for relaxation, relieving tension within the upper body, migraines, headaches, tense muscles, anxiety & depression and can help renew energy levels.

Great Comfort Intuitive Massage: 1.5 hour £105.

Our therapists use their extensive knowledge and experience to blend any of the above techniques specifically for you, taking into account how you feel on the day and any ailments you may have.



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Specialist Massage and Sound Therapy

Pregnancy Massage: 1 hour £70. 1.5 hours £100.

Pregnancy is a special time when a positive nurturing touch is so important. As an expectant mum you will experience a variety of physical and emotional changes. Prenatal massage can be a natural way of easing the discomfort, stress and tensions associated with the skeletal and circulatory changes brought on by hormone shifts. We offer either full body, head neck and shoulders

Child Massage: 30 minutes £45.

Relaxation and body awareness achieved through massage can improve the responsiveness and focus of your child. Must be accompanied by an adult.

Sound Therapy

Meditative Gong Bath 1.5 hours. £115 for up to 4 people.
Additional guests £20 each.

A gong bath is an ancient type of sound therapy that has been practiced for thousands of years. The term 'bath' signifies being bathed in sound waves, but there is no water or touching involved. You lie fully clothed and experience a completely immersive mind and body experience, as your practitioner skilfully plays a large gong combined with other instruments such as singing bowls to provide a deeply meditative effect.

Gong baths declutter the mind, clear emotional blockages and help heal physical aches and pains. The state of bliss experienced can often last for several days and you may find yourself feeling happier, with more energy and feeling more creative, with a constructive approach to everything.

Crystal Singing Bowl Healing 1.5 hours. £115 for up to 4 people.
Additional guests £20 each.

The seven crystal singing bowls are all tuned to a chakra from the root chakra through to the crown chakra. The bowls are played gently to help relax your mind and body. Gentle chimes and an ocean drum will help to create a sound scape for you to relax within. The vibrational frequencies of these sound healing instruments have the ability to move through skin, fluid and the bones of your body, creating a full body relaxing treatment. The experience creates an environment of resonance within your body. The singing bowls can unblock, cleanse and activate chakras.



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Yoga and Reiki with Coral

Yoga

Take some time to flow with the waves of your breath as you practice some gentle yoga to bring you inner peace and calm whilst building strength and flexibility not only for your body but also your mind. Yoga is non competitive and adaptable for all levels- you're encouraged to go at your own pace and do as much or as little as suits your energy levels/ability with an opportunity to rest at any time.

Coral's classes include movement relaxation, meditation and breath work. Expect to feel energised, at ease, present and positive!

All equipment is provided. Wear comfortable clothing and bring an open mind!
Must be 12 years and over to participate.

Group Yoga Class 1 hour £12

A group yoga class takes place every Monday at 10am in Chrysalis during term time (not during school holidays). Gentle yoga suitable for all ages and abilities. This is a small class of up to 8. Pre-booking essential as spaces are limited.

Private Yoga Class 1 hour £60 for 1:1, £10 per additional person up to 8
1.5 hour £85 for 1:1, £15 per additional person up to 8

Energy Healing

Reiki 1 hour £65

Reiki is an ancient Japanese energy healing practice developed by Mikao Usui in 1922. This hands on treatment channels universal (Rei) life force energy (Ki) to bring harmony and promote physical, mental, emotional and spiritual balance.

Energy can stagnate in areas due to emotional blocks, physical injuries or ailments. Reiki guides energy through the body and around the energy field to promote the recipient's natural self healing abilities.

Combined Private Yoga and Reiki

Private 1hr Yoga Session followed by 1 hr Reiki £115



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Chrysalis How to Book

Please contact our therapists directly to book or ask any questions, they will be delighted to hear from you.

If you can, do book in advance of your stay to avoid disappointment.

For Massage and Sound Therapy:

Karen Vögelin

Massage Treatments can be booked via our online form
(head to the Therapy Room page) or:

littlebirdsmassage@gmail.com

07969 564528

For Yoga and Reiki:

Coral Hawkins

07340 529328

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