

# KnotStressed

THERAPEUTIC MASSAGE

## **CONTACT US:**

For information on all treatments and courses run by KnotStressed please visit: [www.KnotStressed.com](http://www.KnotStressed.com) or follow the links (in blue) below.

Alternatively, please contact Iona on: 07717 783 230 or email: [iona@knotstressed.com](mailto:iona@knotstressed.com)

## **TREATMENT LIST:**

### **Swedish Massage**

- 60 minutes £35
- 90 minutes £50

### **Deep Tissue/Hands Free**

- 60 minutes £35
- 90 minutes £50

### **Pregnancy and Postnatal Massage**

- 60 minutes £38
- 90 minutes £50

### **Birth Partner and Labour Preparation Workshops (per couple)**

- 60 minutes £38 (repeat sessions only)
- 90 minutes £50
- 120 minutes £65 (recommended)

### **'Massage during Pregnancy' Workshop (per couple)**

- 60 minutes £38 (repeat sessions only)
- 90 minutes £50
- 120 minutes £65

### **'Learn the Basics of Therapeutic Massage' Workshop (per couple)**

- 60 minutes £38 (repeat sessions only)
- 90 minutes £50
- 120 minutes £65

### **Indian Head Massage (in chair or on couch)**

- 45 minutes £30
- 60 minutes £35

### **Acupressure Massage (in chair)**

- 45 minutes £30

### **BABY MASSAGE**

#### **Group sessions:**

- £38 per course of 6 x 1-hr sessions (per parent/carer and baby)

#### **Individual sessions:**

- £38 per 1-hr session (per baby and 1-2 parents/carers or per twins and 2 parents). We recommend five weekly individual sessions to learn the baby massage routine at a pace that will suit your baby.

### **ADAPTING BABY MASSAGE FOR YOUR 1-6 YEAR OLD**

#### **Group sessions:**

£10 per adult for a one-off 2-hr session

#### **Individual sessions:**

£65 per 1-2 parents for a one-off 2 hour session

### **ON-SITE MASSAGE**

We offer a tailored package for delivering **On-Site Indian Head Massage and Acupressure Massage** in offices and at events. To find out more **contact KnotStressed.**

### **MESSAGE IN SCHOOLS**

We offer a tailored programme for introducing peer massage to 4-12 year olds in primary schools and after-school clubs through the **Massage in Schools Programme.** To find out more **contact KnotStressed**

**Find out how to make a booking.**