



Holistic Massage Therapies by Lou at Corazon

A Different Approach to Massage Therapy

Here at my base at Corazon I have strived to make your Holistic massage experience different to what you may experience elsewhere. This is NOT a one massage fits all, roll on roll off service. There is a comprehensive consultation which doesn't come off your treatment time. During this consultation we discuss what your needs are from the therapy including your emotional, psychological and physical requirements.

During the consultation I will also signpost you to other therapies & services that may be of interest to you. For example Mindfulness Meditation, Mental Health sites & books as there are far too many to list!

I like to get to know my clients so that I can offer you the best possible tailored treatment for your needs. I will then use the appropriate massage techniques, essential oil blends & acupuncture points etc... to ensure that you get a fully unique to you experience. I specialise in blended bespoke treatments to make this possible.

Following your treatment there is a 10 minute chill out time where you are able to relax and gather your thoughts without ever being rushed.

The Healing power of touch-

Human touch is essential to our sense of well-being. A remarkable benefit of touch is its ability to induce oxytocin release. This hormone can decrease anxiety, depression & stress, while increasing empathy, self-esteem & optimism, thus alleviating psychological distress. Overall massage therapy is deeply healing & a versatile treatment.

Research has shown that massage can lower your heart rate and blood pressure, relax your muscles and increase the production of endorphins, your body's natural "feel good" chemical. Serotonin and dopamine are also released through massage, and the result is a feeling of calm relaxation that makes chronic or habitual as well as acute or short-term stress much easier to overcome.

Living with depression, anxiety, stress & insomnia is a painful & emotionally exhausting experience. Many of my clients find that regular holistic massage therapies are complimentary to their existing treatments from healthcare professionals. Holistic Massage therapies can be grounding & nurturing.

"Surround yourself with the dreamers & the doers, the believers & the thinkers, but most of all surround yourself with those who see the greatness within you, even if you don't see it yourself."

