

## **Lisa Alsford IIHHT MFHT**

• **Massage Therapy** • **Clinical Aromatherapy** • **Reflexology** •



- **Remedial Massage**
- **Therapeutic Massage**
- **Holistic Massage**
- **Aromatherapy**

A massage treatment can help with a variety of problems the affect the physical, mental or emotional wellbeing:

- ✓ Back & neck pain including whiplash, sciatica, frozen shoulder, over-worked muscles
- ✓ Joint pain and restricted movement
- ✓ Blood pressure problems
- ✓ Headaches & migraines
- ✓ low energy levels
- ✓ low mood, anxiety & depression
- ✓ Menstrual, menopausal and fertility problems
- ✓ Skin problems including dry skin, eczema & acne

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**[www.higherholistics.co.uk](http://www.higherholistics.co.uk)**