



Aromatherapy. Blended just for you, an aromatherapy treatment continues working long after the massage is complete. Essential oils can boost your immune system, reduce stress and have many other health benefits.

Holistic Massage. Choose your speed and depth of massage from gentle and nurturing, flowing, medium Ask for what your body and mind really need today.



Deep tissue Massage
If you really like to 'feel' your massage. Deep and intense.

Structural Release Massage.
Invigorating massage opens up your joints to feel a foot taller with loose and flexible joints.

Abdominal Massage
'Get things going', great for IBS and sluggish digestion.

£45 one hour
£35 regular clients (conditions apply)



Zena Hayward has been a therapist in the Great Yarmouth area since 1994. Clients have ranged in age from newborn to in their 90's.

Sub contracted to NCC Adult Social Services for 8 years providing therapies in service users homes, my experience is wide ranging and includes clients with disabilities.

Practioner Certificates held in :-

- Reflexology
- Swedish Massage
- No Hands Massage (2 years advanced)
- Sports /Deep Tissue massage
- Chair Massage
- Aromatherapy
- Reiki I, II & III
- Indian Head Massage
- Practical Shiatsu
- Cosmic (chi gung) healing I & II
- Neuro Linguistic Programming (NLP)

Contact me now on:
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GIFT VOUCHERS AVAILABLE
Treatments in your own home or Great Yarmouth clinic.

Your time to relax
and
rejuvenate



**HEALING
MASSAGE
REFLEXOLOGY
AROMATHERAPY
DEEP TISSUE MASSAGE
01493 732395**



Reflexology

“My feet have gained from reflexology and my backache is gone” JG



Lie back and have an hour of blissful foot massage. Deeply relaxing your stress levels fall like a stone improving your health and vitality.

This is a holistic session that aims to balance your mind, body and soul. Healing energy is channelled through my hands during the session and many clients feel a heaviness falling away during their treatment.

My training is extensive and includes specialist graduate training in **Maternity Reflexology** for pregnant mums and babies.



Reflexology £35

Regular clients £30 (conditions apply)

Healing

Energy healing is an ancient healing method common to all cultures around the globe. Your session is tailored to relax and empower you .

Reiki is a form of hands on (or hands off!) healing. This is a deeply relaxing session ideal for those who enjoy a more spiritual therapy and like to ‘lay back’ and receive.



Energetic NLP is a healing session with added NLP techniques that increase awareness of your own energy health. This is excellent for dealing energetically with past ‘issues’ and trauma.



Clients typically become aware of a sense of peace with deep relaxation. Sensations of heat or cold, heaviness leaving the body and tingles are often felt during a session.

Healing 1 hour £35

Regular clients £30 (conditions apply)

Massage

“I have more movement in my arm and my legs feel alive!” JW

Treat yourself to a hour of me time with a massage to release, relax and rejuvenate.



Massage has been shown to help.....

- Whiplash— treatment may qualify for funding by insurance company
- Surgery recovery eg Knee replacement
- Improve life quality for long term illness eg MS, Fibromyalgia, cancer support
- Release muscle spasm
- Reduce stress - doctors consider stress as the root cause of many illnesses.
- Relieve chronic headache and migraine
- Reduce sick days taken

If you would like to discuss your health please give me a call.

PTO for specific massage styles.