



## *Massages at the Bristol Spa*

**Classic massage** was developed in the early 19th century by Per Henrik Ling as the so-called “Swedish massage” which is, meanwhile, a classic. “The art of touch”, as this massage is also often referred to, helps restore strength and vitality. It primarily aims to restore and preserve the body’s harmony using regulative techniques of touch. Blood and lymph circulation are improved and any physical tensions and stiffness are loosened and relaxed. In addition to this, the classic massage also has a beneficial effect on the nerves, mind and soul, and any worries and concerns are calmed.

**Holistic massage** is slow, gentle and can have a very deep effect. It stimulates the body’s self healing powers and, in doing so, supports the healing process of many illnesses. It particularly helps to naturally ease pains in the musculoskeletal system. This massage is performed using scented natural oils.

**Californian massage** is a symmetrical oil massage which incorporates all classic massage techniques. Long and flowing and integrated strokes relieve tension and stress. These strokes are, depending on personal requirements, combined with deep structural bodywork on the musculature, mobilisation of joints, gentle stretches and energetic bodywork.

**Rebalancing** aims to restore outer and inner balance. Chronic incorrect postures or imbalances arising as a result of one-sided movement processes are balanced out. Deep structural treatment of the conjunctive tissue, mobilisation of joints and massage are combined to free the body from tensions and poor posture patterns. Special emphasis is, hereby, placed on the different muscle and conjunctive tissue layers which have a strong influence on our body’s posture.

**Foot reflexology** influences the whole body and its function. It involves strokes or pressing points on the feet and works on the assumption that the reflex zones are connected to the inner organs which are reflected, as in a map, on the hands and feet. In foot reflexology not only the feet soles are massaged but also other parts of the feet.

**Tibetan pulsing (Tibetan acupressure)** is a traditional healing method from Tibet. The power of this method lies in the heartbeat which flows, in the form of bio-electrical energy, uninterrupted, through our body. If this flow is blocked, our inner self healing powers and the human awareness process are activated with gentle and deep finger pressure at certain points on the body.



**Manual lymph drainage** supports the flow of the lymph with special strokes and gentle rhythmic massage movements. This promotes purification and detoxification of the body, unblocks any obstructed vessels and reduces swellings. Patients also experience deep relaxation and calm.

**Polarity massage** developed from the eastern and western healing methods of Randolph Stone. It is deep reaching and works on a physical as well as spiritual and mental level. This type of massage can remedy health problems as well as improve wellbeing, relax and increase energy levels. The body receives new impulse and can regenerate itself.

**The Dorn method** corrects any misalignments of the spinal column and joints. Even only one treatment can considerably ease acute pain in the musculoskeletal system. Muscles and connective tissue is first loosened with massage before the corrections are made with the aid of certain postures and movements of the patient.

**Craniosacral bodywork** is a method of osteopathy characterised by both gentleness and strength. This does not involve massage but a sensitive feeling and moving of the bones in a particular rhythm. It helps relieve stress and alleviate pain in injuries and chronic illnesses.