

Mamma™

Holistic Wellbeing Treatment Menu

For Bookings

artotel@mammawellbeing.com

Mamma™ Body





Classic Massage

Mamma's Holistic Massage

1 HOUR £130 1.5 HOURS £180

This full body massage therapy combines techniques of Deep tissue & Swedish Holistic massage with natural massage oil blends for a deeply relaxing experience.

Sports Massage

1 HOUR - £160

Specialist massage for muscular tension and sports related pain or injury.



Shiatsu Massage

1 HOUR £160

A traditional Japanese massage stimulating pressure points along the meridian lines, stretching muscles, manipulating acupuncture points and energy zones to remove blockages. Great for relaxing body and mind. Shiatsu is a fully clothed massage.

Aromatherapy Massage

1 HOUR - £160 1.5 HOURS £210

Relaxing Swedish massage with customised essential oils blend. In this specialised massage the therapeutic qualities of essential oils are combined with the physiological benefits of massage.

Specialised Massage



Pregnancy Massage

1 HOUR £140

A deeply relaxing treatment performed by a pregnancy massage therapist for mums-to-be in their 2nd or 3rd trimester.

Reduce swelling and ease pressure on your joints and lower back. Your therapist will tailor the treatment to your specific needs.

Pregnancy Massage

Reflexology

1 HOUR - £160

A deeply relaxing complementary therapy, reflexology has a host of benefits for both body and mind.

Reflexology can help to reduce pain, improve circulation, reduce muscular tension, relieve headaches, boost the immune system, improve sleep quality, reduce depression and anxiety and improve fertility.

Reflexology



Indian Head Massage

Ayurvedic Indian Head Massage & Ritual

1 HOUR £150

Indian head & face massage with Ayurvedic Oils & Jade Hot Stones. This ancient therapy rejuvenates the scalp, reduces stress and quiets the mind for deep relaxation.



Face Massage & Reiki

1 HOUR - £175

A gentle lift for your skin, exercising your facial muscles in the way that you can see an immediate difference after your first session. Expect a massage of your face, head, neck and shoulders, with an energy boosting Reiki healing at the end.

Face Massage



Yoga & Pilates

Vinyasa Flow Yoga 1:1

1 HOUR £140 1.5HR £200

Vinyasa is a dynamic practice where we move from one yoga posture to another in a seamless flow using breath. Suitable for all levels of experience.

Yin Yoga 1:1

1 HOUR £140 1.5HR £200

Yin yoga is specifically designed to slow down, relax and help to open the body and mind. Postures are mostly on the floor and held for 2 to 7 minutes. Suitable to all levels of experience.

Pilates 1:1

1 HOUR £150 1.5HR £210

Pilates exercises using light weights, pilates bands, balls and blocks. Work the whole body including legs, arms, back and core.

Mamma™ MIND





Access Bars

1 HOUR £160 | 1.5 HOURS £200

Access Bars are 32 points on your head that, when gently touched can release anything that stops you from feeling joy and ease in your life. These points contain all the thoughts, ideas, beliefs, emotions, and considerations you have stored through your life.

Access Bars



Aromatherapy Experience

1 HOUR - £160

Drift into calm with one of our highly qualified Aromatherapists, as they apply essential oils to your hands and arms with massage, addressing any health concerns you may have. You will leave the session restored and with oils to continue the support.

Aromatherapy



EFT

Emotional Freedom Technique

1 HOUR - £160

EFT (Emotional Freedom Technique) is a tapping technique which helps to alleviate stress, anxiety, panic attacks and can help to heal the effects of trauma. It is also useful in overcoming addictions, weight loss and phobias.

Deep and powerful practice for adults teens and children.



Hypnotherapy

1.5 HOURS £260

Hypnosis is a safe, relaxed state of focused attention and increased suggestibility, during which positive suggestions, based specifically on your individual needs, and guided imagery are used to help with a variety of mental, physical and emotional concerns.

Hypnotherapy

Mamma™ SPIRIT





Reiki

Reiki Healing

1 HOUR £160

Reiki is an ancient Japanese energy healing method which works with all the chakras and energy points in the body to restore balance and flow.

Reiki is a beautiful way to travel deep into the seat of your subconscious, releasing any blockages in the body, suppressed emotions, anxiety and stress.



Craniosacral Therapy

1 HOUR - £160

A gentle but potent way of working with the body using a light touch. Supporting the body's innate ability to balance, restore and heal itself as well as helping to reduce stress and build underlying energy.

Craniosacral



Readings

Tarot Card Reading

1 HOUR £160 IN PERSON / £120 ONLINE

Tarot is a powerful tool for self enquiry, opening up to intuitive guidance and providing insight and clarity for greater harmony and transformation as you journey forward.

Psychic Readings

1 HOUR £160 IN PERSON / £120 ONLINE

Working with your auric energy field to assist you in finding clarity, understanding, inspiration and comfort on your path ahead. Every session is unique and catered to your own specific needs.

“A curated space for wellbeing discovery
where you can infuse your life and the life
of others with purpose, inspiration,
meaning and joy.”



Discover the App via the Apple/Android Store

Visit Mamma on Instagram, Facebook, LinkedIn

Explore and learn with Mamma on our website

mammawellbeing.com

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