



# Mamma™

## Holistic Wellbeing Treatment Menu

*For Bookings within 48 hours*

[artotel@mammawellbeing.com](mailto:artotel@mammawellbeing.com)

**Mamma™ Body**





# Classic Massage

## Mamma's Holistic Massage

**1 HOUR £140 1.5 HOURS £190**

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

**BOOK NOW**

## Sports Massage

**1 HOUR - £160**

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

**BOOK NOW**



# Specialised Massage

## 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.

**BOOK NOW**

## 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.

**BOOK NOW**



## 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.

**BOOK NOW**

# 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.

[BOOK NOW](#)

# Reflexology



## 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.

[BOOK NOW](#)

# Indian Head Massage



# Sculpting Glow Facial

## Sculpting Glow Facial

**1 HOUR - £175**

Using Susanne Kaufmann products, this luxurious treatment begins with a thorough cleansing, exfoliation, and extraction to prepare your skin before EMS (electrical muscle stimulation) combined with a specialised lifting and contouring massage providing an immediate, visible lift.

A hydrating and plumping face mask is then applied followed by anti-aging light therapy with a pampering hand and arm massage.

Susanne Kaufmann's natural skincare collection is celebrated for its transformative results, catering to all skin types, and is sourced sustainably with a commitment to cruelty-free practices.

•Unsuitable for pregnant women.

[BOOK NOW](#)





# Oxygen Gua Sha Facial

## Oxygen Gua Sha Facial

**1 HOUR - £175**

Using Susanne Kaufmann products, this luxurious facial treatment begins with a deep cleanse before experiencing the Gua Sha, which can reduce puffiness, promote lymphatic drainage, improve circulation, and relieve muscle tension.

The oxygen machine delivers a potent blend of hydrating, revitalising, and anti-aging ingredients deep into the skin followed by a hydrating and plumping face mask with a relaxing shoulder, neck, and head massage.

The treatment includes light therapy, which promotes collagen production and can reduce fine lines and wrinkles.

Susanne Kaufmann's natural skincare collection is celebrated for its transformative results, catering to all skin types, and is sourced sustainably with a commitment to cruelty-free practices. Suitable for pregnant women

[BOOK NOW](#)



# Face Massage & Reiki

## 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.

**BOOK NOW**

# 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.

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**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.

[BOOK NOW](#)

# 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.

[BOOK NOW](#)

# Aromatherapy



## 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.

[BOOK NOW](#)

# EFT



## Hypnotherapy

**1.5 HOURS £175**

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.

**BOOK NOW**

# 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.

[BOOK NOW](#)



## 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.

**BOOK NOW**

# 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.

[BOOK NOW](#)

## 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.

[BOOK NOW](#)

“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](http://mammawellbeing.com)**

Contact us via email at

**[hello@mammawellbeing.com](mailto:hello@mammawellbeing.com)**