

Energise, rejuvenate, revitalise and restore

To make it easy for you to choose our treatments we use a simple colour coded system:

- 1) Simply choose your therapy for our list below
- 2) Note the colour
- 3) Look for the colour by the therapist's name to find out when the massage takes place

Reflexology 30 min / 1 hr

Reflexology is a treatment to the feet, which balances all bodily systems. The body's organs are mirrored on the hands and feet and, by using pressure techniques over the foot, the whole body can be treated.

Almost everyone can benefit from a reflexology treatment whether his or her health is good or requires improvement.

Aromatherapy 30 min / 1 hr / 1½ hrs

A combination of blissful massage and essential oils extracted from exotic plants and flowers are used to create aromas that can relax, uplift, energise and treat a wide range of problems naturally.

After consultation, oils are blended to suit you as an individual, taking into account your physical and emotional well-being.

The massage is designed by you, for your preference, choosing between light or deep pressure and concentrating on your major tension areas, or by choosing a more general head to toe body massage.

Invigorating Head Massage 30 min

A deep and relaxing massage to the pressure points around the head, neck and shoulders with specific movements to reduce stress, relieve headaches and anxiety and promote well-being.

Swedish Massage 30 min / 1 hr

Swedish massage is the 'original' massage of the modern era with techniques that form the basis of many other types of massage. This calming, gentle massage can totally relax you. Whether you have full body, back, neck and shoulders, or legs and feet, the choice is yours. Just let us know how you want your massage applied on the day, ie stimulating or relaxing, and we will tailor the massage to suit.

Deep/Strong Massage 30 min / 1 hr

A massage specifically designed to help relax the muscles following training, sport and activity, and is also ideal for those who feel that a more intensive massage is required. We would generally recommend all men to consider this their first choice of massage.

Pregnancy Massage 1 hr

Pregnancy is a special time in a woman's life. Massage can promote the release of endorphins by the brain; the body's natural 'pleasure' chemicals that calm and relax both mother and baby. Massage also encourages lymphatic flow, helping puffiness and promotes blood flow and good circulation. Aches and pains in the back and legs are also relieved. Our therapists undertake further training to help mothers-to-be feel calm, relaxed and stress free with this special massage. Massage post-natally can also boost energy levels and speed recovery.

Beauty & Grooming

In addition to the above we also offer a range of beauty and grooming treatments for men and women with Michelle Mottram. Please ask for her leaflet or download from our website.

Our practitioners



Monday 9am-7.30pm

Michelle Mottram

Tuesday 10am-7.30pm

Grace Boateng

Wednesday 10am-7.30pm

Michelle Mottram

Susanah Pires

Thursday 10am-8pm

Grace Boateng

Friday 10am-5.30pm

Michelle Mottram

Susanah Pires

Saturdays (alternate) 9.30am-4pm

Grace Boeteng

Michelle Mottram

Lora Macfarlane

Incorporating regular rest and relaxation into our lifestyles is common sense (now backed up by research!). We are constantly warned that stress can cause ill health, but often overlook the stress that ill health can cause. Stress and ill health feed off each other. Massage is of course one of the easiest (and best!) ways of relaxing and can improve both stress and health. A moment of deep relaxation can have quite profound and long lasting benefits for our minds and physical health, and can energise, rejuvenate, revitalise and restore.

At the Leigham Practice we try to offer a place where we can slow down and relax. Whatever your requirements, our therapists can deliver. All our massages can be tailored to your personal preference. Just book one, or a course, and discuss your preferences on the day. We also offer **gift vouchers** for any of our therapies and treatments, **special combinations** of treatments that go well together and **massage courses** for regular relaxation or for specific problems (please see additional leaflet or download from our website).

We believe that your treatment is only as good as the practitioner. We work with experienced professionals with excellent backgrounds and reputations to deliver the best care and high quality treatment.



We also care as much about the quality of our treatments as we do with our staff. All of our essential oils used for aromatherapy are 100%

Organic and approved by the Soil Association, and our natural carrier oils are supplied by companies committed to natural and ethical harvesting.

Please let us know if you have any thoughts, comments or suggestions. Your help and ideas will be very much appreciated. We look forward to seeing you soon.

Practice Information

- Rail:** Streatham Hill BR
4 min walk
- Streatham Station BR
15 min walk
- Bus:** 57, 109, 118, 133, 159,
201, 250, 255,
319, 333 & P13
All stop directly outside at
Mt Ephraim Road request stop
- Car:** Un-metered parking in adjacent
Leigham Avenue or opposite in
Mount Ephraim Road
- Limited Parking (20min) directly
outside between 10am-4pm
- Foot:** Directly opposite junction of
Mount Ephraim Road with
Streatham High Road



8 Leigham Hall Parade
Streatham High Road
London SW16 1DR

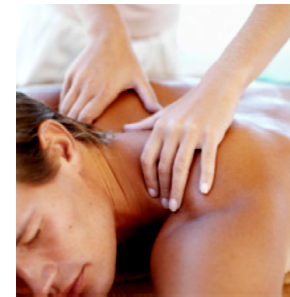
Tel: (020) 8769 7409

www.leighampractice.com

Other services available include:
Chiroprody / Podiatry, Physiotherapy, Osteopathy,
Acupuncture, Homeopathy and other treatments

We only ask our clients to respect our cancellation policy where appointments cancelled or changed with less than 24 hours notice, or are missed, incur the full charge. We send our thanks for your consideration to our staff and services.

Massage Therapies



Aromatherapy
Indian Head Massage
Reflexology
Pregnancy Massage
Swedish Massage
Deep/Strong Massage

For men & women

Appointments
(020) 8769 7409