



Ayurvedic Facelift Massage

Treatments with Christina

- Releases muscle tension in the face, jaw and neck
- Relieves stress symptoms such as headaches, eye strain and disturbed sleep
- Aids lymphatic drainage to eliminate toxins
- Promotes rejuvenation of the skin and a more youthful look
- Gives a unique feeling of deep relaxation

30 min treatment £45 | 45 min treatment £55

Christina also does aromatherapy, reflexology, relaxing massage, reiki and holistic packages

To book an appointment please contact the Wellness Studio Reception on 020 8480 4242 or send an email to reception.roehampton@puresportsmed.com





Reiki Healing

Treatments with Christina

Reiki is a hands on energy healing system that was discovered by a Japanese Buddhist Monk in the mid 19th century. Reiki takes a holistic approach that looks beyond the physical body to accessing our subtle energy systems, meridians, chakras, nadis etc., where the cause of disease, anxiety and upset can be located and even locked within our physical bodies. Reiki is provided by many healthcare professionals in a variety of clinical settings.

Enjoy this treatment and relax, allow your body to access its own healing ability, repair and re-balance your energy system and revitalise the mind and body.

Christina has practiced as a holistic health therapist for many years and is dedicated to creating memorable treatment experiences that enable you to feel lighter and replenished.

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Aromatherapy Massage

Treatments with Christina

Aromatherapy uses pure essential oils to promote healing and deep relaxation, allowing the body and mind to de-stress and detoxify itself.

After a thorough consultation a synergistic blend is created which means a particular set of oils are combined together within carrier oil, which will suit your particular needs and circumstances at the time.

Relax and soothe your muscles, improve your circulation and eliminate toxins with this uplifting and rejuvenating massage.

Christina has practiced as a holistic health therapist for many years and is dedicated to creating memorable treatment experiences that enable the client to feel lighter and replenished.

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