

Body Treatments at Alumo

There are many benefits to massage - it is increasing in popularity for treating illnesses, both mental and physical, as well as for benefiting general and continued well being. Massage uses touch to soothe and/or stimulate the body – since over 75% of disease is thought to be caused by stress, massage, which reduces stress, may well improve health. As an example, studies show that it can help to:

- Reduce anxiety, stress levels and depression
- Improve alertness and boost emotional well being
- Moderate cravings and nervous habits
- Improve circulation and aid the elimination of toxins from the body helping it to reach homeostasis, a perfect balance of mind and body
- A massage treatment can also help dry skin, our Therapists use good quality oil such as Sweet Almond Oil which is rich in Vitamin A & E and excellent for softening, moisturising and improving the quality of the skin and nails.

Similarly, there are many benefits to receiving Reflexology. It is a treatment based on the premise that there are reflex areas in the hands and feet, which correspond to glands and organs within the entire body and, by using pressure techniques, your therapist can access these areas – there are approx 7000 nerves stimulated by Reflexology massage. Treatments can help the body retain its balance and, if appropriate, heal itself. Similarly to massage Reflexology relieves stress & tension, improves blood circulation thus increasing the efficiency of all organs; helps release trapped nervous energy and improves neural efficiency, improves waste removal and elimination from the body.

Above all, the aim of the therapies at Alumo are to help clients to reach a state of 'homeostasis' ~ a perfect balance of mind and body

As with most therapies, health restrictions may apply with certain treatments and the following listing is given as an indication, if in doubt please check directly with Alumo:

Massage, in any form, and Reflexology cannot be given to clients with:

- Severe heart conditions
- Contagious or infectious skin conditions
- Pregnancy in the first trimester
- Fever

Whilst the following list of conditions may not prevent you from having treatments, caution may need to be taken with clients suffering from:

- Diabetes
- Severe Blood pressure disorders
- Pregnancy (after first trimester)
- Skin conditions such as severe psoriasis, eczema or dermatitis
- Extreme Arthritis / Osteoporosis / Inflammation, swelling or pain
- Cancer , Epilepsy, Phlebitis or thromboses (written permission required)