



elementals
news

Time
to nurture
yourself!

What's new this year

Best wishes for a happy and healthy 2020. I hope you found some time to relax and restore your mind, body and spirit over the festive season. Winter is certainly the time for resting so remember to take time to nurture yourself!

See right for my new treatments programme, including a lovely natural facelift (rejuvenation) massage.

How you can support me

If you have enjoyed a treatment or one of my products, please feel free to post a review on my Facebook page - www.facebook.com/elementals.lu - and like or follow the page. If you prefer not to post yourself, please send me your comment and I'll post it for you without giving your name.

Thanks so much!

SPECIAL DISCOUNT



DISCOUNT for January and February for my Signature de-stressing aromatherapy 90-minute massage

New treatments!

My new treatment plan reflects your favourites and a new, effective facelift massage that is wonderfully relaxing.

The treatment time mentioned below is the time spent on the massage bench. You will need to allow around 15-20 minutes to choose a massage blend and time for undressing and dressing.

I try to be as flexible as possible with regard to appointment times and am happy to give treatments at the weekends and in the evenings. Please email me to enquire or book and we will find a time that works.

More information is available at www.elementals.lu/massages



Signature de-stressing aromatherapy massage

This 90-minute combination is the most popular. Lie back and allow the soothing touch and elemental power of your custom-made oil blend ease you into peaceful calm.

In the first hour, I focus on your back and shoulders, often an area of tension, before moving to your legs and feet. Then I finish with a 30-minute aromatic acupressure face, neck and scalp massage using elementals' own nourishing facial oil. Note: Scalp massage will leave your hair oily but it is so worth it!

90 mins massage* – €85
(€70 with Jan/Feb discount!)



Rejuvenating natural facelift massage

My cohort of volunteers, who had a course of 6 treatments, all reported that they noticed an improvement in tone and skin firmness. And all were delighted that the massage, about 60-70 minutes, was a very relaxing experience.

This massage is based on Ayurvedic therapies and is carried out without oil although, if you wish, we can end the treatment with an application of our custom-made own elementals nourishing facial oil.

60-70 mins – €60.00

Course of 6 treatments – €300



Aromatherapy body massage

Ideal if you have particular areas of your body where you would like to focus this relaxing massage.

Depending on the time you have, I can massage your back, shoulders and neck, legs and feet, abdomen, arms and hands, all of those or only some of them. It's your choice.

75 mins – €70
40 mins – €40

Add a 30 mins aromatic acupressure face, neck and scalp massage – €25