



Restore vitality with Aromatherapy massage –

Intro offer £45 this summer

Love the Glow is about a holistic approach to wellbeing and a passion for natural ingredients. Offering you an ultimate relaxation experience by incorporating a soothing massage, essential oils and calming sounds into a unique restorative holistic treatment with an aim to make you feel nourished, rejuvenated and balanced. Glow inside out!

Working with touch offers nurture, release and connection. I practise aromatherapy because it offers a multi-dimensional approach to restoring inner balance. The aromas inhaled will have a very immediate impact whereas those applied to the body need to be absorbed and do the work internally for many hours.

Holistic facials are great for improving the skin's elasticity, cell renewal, boosting lymphatic drainage, for stress relief and can help reduce tension headaches. I am devoted to using exclusively pure non-toxic botanical skincare with highly concentrated plant-based bio-actives, which by nature contain beautiful qualities of natural aromas and effective ingredients to replenish skin.

#### Aromatherapy massage

A full body, deeply relaxing and detoxifying massage, using a blend of essential oils, with an aim to balance the emotions and improve well-being. The effects of aromatherapy are cumulative therefore weekly sessions are recommended for help with specific problems. This gentle, flowing massage benefits most of common ailments by calming the nervous system; especially helpful for anxiety, stress, insomnia, depression, exhaustion, menopause.

#### Holistic facial & Natural Lift Facial Massage

Powerful yet gentle, incorporates face, neck, head, shoulders, arms and hands massage, using mood-boosting supercharged products. A blissfully relaxing treatment to improve the complexion, strengthen and tone facial muscles, and re-balance energetically. For long lasting results regular treatments are recommended.

#### Indian Head Massage

This massage destresses the whole body. It focuses on the upper back, shoulders, neck, head and face. IHM helps to un-knot blockages and remove tension, it even helps to oxygenate the brain improving concentration. It can be combined with body or face massage into 1-hour treatment.&

Organic skincare products from Neal's Yard Remedies. &

Give a 'Gift of relaxation' - gift vouchers including organic skincare sample; they can be posted to the recipient.

One-hour treatments are £50; discounted for the Yoga Ananda team £40

Appointments are available on Mondays; on request Thursdays & Sundays.

Contact Anya 07912 605 612 or [anna.pilat@live.co.uk](mailto:anna.pilat@live.co.uk)

Visit my website for further information [www.lovetheglow.co.uk](http://www.lovetheglow.co.uk)

