

# Women's Balance Rose Oil Holistic Massage Therapy

*Breathe's Bespoke Therapy,  
created just for you*

*Rediscover your balance,  
revive your energy, and  
embrace your calmness within.*

Direct booking link::

[https://calendly.com/breathetherapies/  
womens-balance](https://calendly.com/breathetherapies/womens-balance)

**Are you tired of struggling with hormonal imbalances that disrupt your mood, induce anxiety, and make life a monthly battle?**

**Have you been diagnosed (or know that you are experiencing) Anxiety, PMT, PMDD or Perimenopause?**

**Welcome to Woman's Balance Rose Oil Massage Therapy – a holistic experience created exclusively for you.**

### **Tailored Therapeutic Techniques:**

This treatment is centred around four rejuvenating and deeply balancing holistic massage techniques to help you feel calm, gently energised, with a clear & focused mind.

### **Therapeutic Aromatherapy Back & Shoulder Massage:**

Relieve tension and promote relaxation as the massage techniques work on the knots and stress accumulated in your back, shoulders & neck.

### **Soothing Indian Head & Neck Massage:**

Dissipate mental fatigue and unlock a sense of tranquillity as the muscles & fascia of your scalp, neck, and face receive specialised therapeutic attention.

### **Balancing Reflexology:**

Activate pressure points on your feet, targeting hormonal imbalances and promoting overall well-being. Deeply relaxing.

### **Sublime Hot Stone Massage:**

Drift into deep relaxation as smooth, heated stones melt away all your muscle tension.

# Expertly Created for you - Woman's Balance Rose Oil Massage Therapy is designed to:

**Balance Hormones:** Address hormonal issues to restore equilibrium & calm within your body.

**Restore Energy:** Experience a revitalising surge of energy to combat fatigue.

**Calm the Mind:** Achieve mental serenity and bid farewell to anxiety.

**Soothe Aches and Pains:** Alleviate physical discomfort and promote a sense of whole body comfort.

**Deepen Relaxation:** Immerse yourself in profound relaxation, escaping the stressors & anxieties of daily life.

## **Holistic Healing Journey:**

*As you embark on this journey to rediscover balance, you'll be guided through a personalised therapeutic experience. Every session is tailored to your unique needs, ensuring that you leave feeling rejuvenated, balanced, and ready to face the world with the energy you desire.*

**90mins Balancing Relaxation,  
created just for you  
£75 (with Hot Stones +£10)**

# Therapeutic Massage Oil Blend

**Women's Balance Blend** (with rose, frankincense, geranium & lavender organic aromatherapy oils):

*This exquisite natural aroma oil has a strong connection with the female energies & is meticulously blended to enhance relaxation, soothe the endocrine system, balance hormones, reduce stress, and promote emotional well-being & restorative sleep.*

**Indulge in the luxurious aroma of pure wild rose balm, known for its calming, deeply nourishing, restorative & hormone balancing properties.**

*Woman's Balance Rose Oil Massage Therapy  
- where harmony meets healing*

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