

## Swedish Massage

Swedish Massage was developed in the 1800's by a Swede—Per Henrick Ling . It uses techniques which have far reaching physiological, physical, mental and emotional effects. Through the use of specific strokes on the body, Swedish Massage helps to eliminate the build up of toxins in the body.

Swedish Massage is one of the most relaxing, revitalising and rejuvenating experiences you can have in these times of stressful living.

So, why not give it a try now and experience the positive effects it produces.

## Indian Head Massage

Indian Head Massage is a very effective therapy to relieve tension, headaches, migraines and stress.

The massage works on cranial nerves and cranial release points.

### Tranquil Massage

Tigh Ur  
Deans Road  
Fortrose  
IV10 8TJ

Phone: 07831 196 164  
Fax: 01381 621 788  
Email: [w.r.mcghee@btinternet.com](mailto:w.r.mcghee@btinternet.com)

## Therapeutic Massage from .....

# Tranquil Massage

Fortrose



Tel: 07831 196 164

## Reiki

Reiki treatments are gentle and relaxing. Reiki balances and harmonises your energies at all levels—physical, mental, emotional and spiritual.

Reiki heals in its own time and its own space.

It could be described as having someone's hands on you—rather like jump leads kick starting your batteries—you may even fall asleep due to its relaxing qualities.

## Therapist

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# Ann McGhee

RGN, SMT0, DSM

## Price List

<b>Swedish Massage</b> Full body Swedish Massage Approx 1 hour	<b>£25.00</b>
<b>Swedish Massage</b> Neck, back and shoulders Approx 45 minutes	<b>£15.00</b>
<b>Swedish Massage</b> Legs, feet and buttocks Approx 45 minutes	<b>£15.00</b>
<b>Swedish Massage</b> Back massage Approx 30 minutes	<b>£10.00</b>
<b>Reiki</b> 1 Hour session	<b>£20.00</b>
<b>Indian Head Massage</b> 30 minutes	<b>£10.00</b>

Tranquil Massage Gift Vouchers  
are available from £10 upwards.

## Appointments

Appointment for:	Time	Price
<input type="checkbox"/> Full Body Swedish Massage		£25.00
<input type="checkbox"/> Neck, back and shoulder massage		£15.00
<input type="checkbox"/> Legs, feet and buttocks		£15.00
<input type="checkbox"/> Back Massage		£10.00
<input type="checkbox"/> Reiki		£20.00
<input type="checkbox"/> Indian Head Massage		£10.00
Subtotal:		_____
Total:		_____

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\_\_\_\_\_  
Phone

Cheques should be made payable to:

## Tranquil Massage

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