



**LEXVA** *Massage*

Body Massage  
Wellbeing Treatments



**LEXVA**  
MOVEMENT FOR LIFE

[WWW.LEXVA.CO.UK](http://WWW.LEXVA.CO.UK)

# LEXVA *Massage*

## **RELAX FULL BODY MASSAGE**

---

A relaxing, soothing body massage to help quieten your mind, release tension and restore balance in your body and soul.

## **FREE STYLE DEEP TISSUE MASSAGE**

---

A rejuvenating massage targeting areas of tension, stiffness, aches, and pains, thus improving suppleness, movement, and flexibility in tight niggly areas of concern.

## **NECK, SHOULDERS, ARMS, HANDS & FEET MASSAGE**

---

An indulgent five in one neck, shoulders, hands and foot massage.

## **NECK, BACK, SCALP & FACE**

---

A massage to focus purely on your upper body. Enjoy a back and neck massage followed by a holistic pressure point face and scalp massage.

## **SPRING IN YOUR STEP FOOT TREATMENT**

---

This revitalising treatment for tired feet and heavy legs starts with an essential oil foot soak, followed by a deeply therapeutic foot and lower leg massage.

## **LEXVA LIMBS**

---

A massage specifically for your arms, legs, hands, and feet. Focussing on troubled areas due to overuse, overtraining or an ailment for example, Carpel tunnel syndrome. Areas of your body that are often neglected or forgotten about.

**Self-care** is the *New* Health care



## FREE STYLE PICK N MIX

Like the idea of all the choices but wish to pick n mix your own recipe! Create your own variation so i can tailor your massage to suit your specific needs.

All massages are designed specifically for your individual physical and emotional needs.

Aromatherapy Essential Oil blends can help enhance relaxation, energise the senses leaving you feeling fully refreshed and utterly amazing.

**There are so many benefits for having a massage, here are just a few..... so why wouldn't you!!**

- Reduced muscle tension
- Improved circulation
- Stimulation of the lymphatic system
- Reduction of stress hormones
- Relaxation
- Increased joint mobility and flexibility
- Improved skin tone

Treatment Prices:

**60mins | £65**

**90mins | £85**

Mobile service available  
please call to discuss.



**Self-care** is the *New* Health care

WWW.LEXVA.CO.UK



**To make a booking  
please call  
07727 245 807**

Location:

**4 Brig Y Nant,  
Llangefni,  
Anglesey,  
LL77 7QD**



Find us on facebook @lexva2017



**LEXVA**