

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,
Llangeferni,
Anglesey,
LL77 7QD**



LEXVA

LEXVA *Massage*

Body Massage
Wellbeing Treatments



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LEXVA
MOVEMENT FOR LIFE



Indulge in a treat - meant for you!

Give yourself time to rest, relax & replenish, enjoy the powers of hands on healing massage, down regulating your body from all pressures in life. Whether it may be an office job, or a busy parent, a regular exerciser or an athlete, we can all benefit from the time out, relaxation that having an indulgent massage can provide. Spoil yourself!

Relax full body massage

A gentle, relaxing massage to help soothe and restore balance in your body and mind (90mins)

Deep tissue body massage

A deeper, more invigorating massage targeting areas of tension, stiffness, aches and pains

Choose from:

Soothing Upper body focus Back, neck and shoulders (90Mins)

or

Lower Leg Relief (90mins)

Full body combination (120mins)

Soothing Step foot massage

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.. (60mins)

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

Aromatherapy essential oils blends may also be used to enrich your treatment, energise the senses, leaving you fully refreshed and deeply relaxed.

As well as massage we provide advice on stretching, strength & conditioning, yoga, and breathing techniques.

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

120mins | £95

Mobile service available
please call to discuss.

