

Suggestions

Where ever possible, bookings should be made at least 24 hours prior to the desired appointment. However, Pamela will endeavour to accommodate you if there are appointments available on the day.

Clients are encouraged to arrive a minimum of 5 minutes before their appointment. As a courtesy, we do operate a prompt appointment schedule.

A late arrival may mean that your treatment time is reduced or that we are unable to honour your booking.

Cancellation Policy

Cancellations should be made 24 hours prior to appointment time. Please note that cancellation within 12 hours will incur a 50% charge.

Appointments

To make a booking, please contact Potarch Hotel reception for further details.



The Benefits of Massage

Stress

It's a word we can relate to only too well. Massage calms the nerves and allows the body to slow down. It is a wonderful way to relax and take stock, to relieve the pain of tensed up muscles, to alleviate sleeplessness and headaches and above all else it allows you to be good to yourself.

Sport

Not only will sport help deal with stress, but it will keep your body healthy. However, during exercise toxic waste builds up in the body. Swedish Massage can help eliminate this waste faster than it normally would be eliminated. Massage helps to loosen and relax muscles, breaks up the scar tissue and adhesions left after injury and helps keep muscles in tiptop condition. The risk of injury is reduced and the body recovers faster from intensive exercise.

Energy

Massage stimulates the heart and lungs. It increases the rate at which oxygen travels in the body and promotes a general feeling of well being.

Massage is a safe, natural and effective Complementary treatment for many of today's Ailments. We need to take time for ourselves and Massage can provide just the opportunity to relax.

Relax, pamper & indulge....

Pamela Ross Winpenny

Massage Therapist

DSM JSE



Women Only

Treatments

Indulge yourself with a relaxing or invigorating massage

Pamela Ross Winpenny has 10 years experience as a Massage Therapist and offers therapeutic treatments that will leave you feeling soothed and nurtured.

Treatments are available for Women only, at Pamela's home - just a two minute walk from the Potarch Hotel.



Aromatherapy Massage

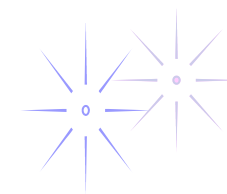
Aromatherapy massage is a gentle soothing and relaxing massage using essential oil blends specifically made for the individual at the time of consultation. These blends assist the body's own natural healing processes and enhance well being.

Full Body (Incl. Consultation)	75 Minutes	£30.00
Back, Neck & Shoulders	30 Minutes	£17.00

Swedish Massage

Swedish massage is a deep massage, working into the muscles and can be stimulating or soothing depending on what is required by the individual.

Full Body (Incl. Consultation)	75 Minutes	£30.00
Back, Neck & Shoulders	30 Minutes	£17.00



Indian Head Massage

This technique has been practised in India for over a thousand years, originally it was restricted to the head and hair, but modern practice has extended the techniques to include the neck, shoulders and arms. It is a safe effective therapy, which is excellent for relieving symptoms of stress. It is also believed to promote healthy hair growth and is good for relieving aches and pains

Complete Treatment	30 Minutes	£18.00
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