

Jo Simon

- *Clinical Massage*
- *Pregnancy & Labour Massage*
- *Aromatherapy Massage*
- *Thai Foot Massage*
- *Indian Head Massage*
- *Tibetan Acupressure Head Massage*
- *AMMA Fusion*

About Jo

Jo specialises in Advanced Clinical Massage and through her treatment plans she is looking to reduce pain, release tension and bring the body back into balance via a combination of deep tissue, stretching, AMMA fusion, acupressure, myofascial release and sports massage techniques. Whether you are looking to reduce pain, increase flexibility and movement or simply just relax, your treatment is tailored to your needs. She continuously works to further her knowledge in order to improve the outcomes of her treatments.



About Therapies

(Please note that all sessions include a consultation, treatment and after-care)

Advanced Clinical Massage

Clinical massage is an advanced massage technique that reaches deeper lying muscles, the fascia and other connective tissue by using slower and deeper strokes. The aim is to break up and release tension by reducing pain, and bringing the body back into balance via a combination of deep tissue, stretching, AMMA, acupressure, myofascial release and sports massage techniques.

Amma Fusion

Amma is based on the principles of traditional Chinese medicine and works the meridians (energy pathways of the body) using specialised strokes and acupressure to restore correct energy (qi) flow, promoting health, vitality and balanced mood. It is similar to acupuncture but instead of needles, uses the firm gentle pressure of hands and can be beneficial in treating systemic conditions or body system problems, which wouldn't normally respond to muscular based massage. For this treatment, the client is not required to disrobe but needs to wear loose clothing in order to stretch.

Aromatherapy

An indulgent treat that mixes a gentle holistic massage with luxurious essential oils tailored to the individual needs of the client.

Thai Foot Massage

A popular treatment similar to reflexology that works on both the feet and legs using ancient Thai massage techniques to aid stress relief, improve circulation and mobility.

Indian Head Massage

Excellent treatment that works on the head, neck, shoulders and face using traditional Indian techniques adapted to deal with the strains of the western lifestyle. Relaxing and invigorating!

Tibetan Acupressure Head Massage

This treatment is a blend of western massage strokes with traditional Tibetan acupressure techniques drawing on ancient Tibetan Ayurvedic knowledge. It is a very gentle massage covering head, scalp, neck, throat, shoulders, upper arms and face with the client in a reclining position. It aims to restore balance in energy levels and is deeply relaxing and calming.

Pregnancy and Labour Massage

This gentle treatment is designed to help relax and support your body during a period of physical and hormonal change as well as help prepare the whole body for birth. This treatment alleviates common issues like lower back pain, swelling of hands and feet, headaches, cramps, insomnia, muscular stiffness, mood swings, sinus congestion or sciatic pain. Massage is not only good for the pregnant client by giving her time to unwind and relax, it is also of great benefit for the baby. It has an indirect relaxing effect on the baby as the mother releases oxytocin and prolactin as a result of skin stimulation. This treatment also contains an additional element of Labour massage – a wonderful practical tool which the woman and her birth partner can use to help with pain relief and to lessen anxiety during labour. Please note that any high risk pregnancy – will require letter from midwife or doctor. If you are unsure if a pregnancy massage is right for you, check with your midwife or GP, particularly in the first and second trimesters.

Qualifications

- Level 3 Diploma ITEC Holistic Massage
- Level 3 Diploma ITEC Anatomy and Physiology
- Level 3 Diploma ITEC Professional Conduct and Business Awareness
- Level 3 Diploma VTCT in Health, Safety Security & Employment
- Diploma in Advanced Aromatherapy
- Certificate in Indian Head Massage
- Certificate in Tibetan Acupressure Head Massage
- Certificate in Thai Foot Massage
- Certificate in Deep Tissue Massage
- Certificate in Advanced Clinical Massage techniques
- Certificate in Advanced Sports Stretching techniques
- Certificate in Amma Fusion

Professional Registration

- CThA, Embody, VTCT

Further information and to book an appointment

To book an appointment, please contact the Plane Tree reception.

For further info, please visit www.highspirittherapies.co.uk and for any particular queries, please contact her via email jo@highspirittherapies.co.uk.

Facebook: www.facebook.com/HighSpiritTherapies

Twitter: @HSTherapies



mind and body therapies

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