

# Rosemary Lamb

- *Reflexology / Pregnancy Reflexology*
- *Swedish/Holistic Massage*
- *Natural Facelift Massage*
- *Indian Head Massage*
- *Ayurvedic Kansa Vakti Foot Massage*
- *Reiki*

## *About Rosemary*

Rosemary is passionate about offering a quality service to those seeking complementary therapy treatments. She came runner up in the competition for London Massage Therapist of 2011. She has worked in Bethnal Green as a holistic health practitioner for the last 5 years.

## *About Therapies*

*Reflexology* is based on the principle that there are reflex areas in the feet and hands that correspond to all of the glands, organs and parts of the body. Reflexology is a unique method of using the thumb and fingers on these reflex areas. The treatment can help the body alleviate areas of discomfort throughout the body.

*Swedish/Holistic Massage* is a full body massage and traditionally includes gentle to moderate massage techniques to help ease stress and tension and loosen the muscles.

*Natural Facelift Massage™* has all the benefits of conventional massage therapies; however, it is exceptional and unique by providing many other physical benefits. Skin becomes softer and more supple. The treatment improves skin tone and your complexion looks brighter. The skin has renewed elasticity, and sagging skin and puffiness is reduced.

*Champissage™* (Indian head massage) works specifically on the head, neck, shoulders and upper back – areas where tension is likely to accumulate. These areas are gently and firmly massaged until the pressure subsides. No need to undress. This treatment takes place sitting upright in a chair.

*Reiki* (pronounced ray-key) is a gentle yet extremely powerful ancient art of hands on healing. It means universal life energy. The practitioner places their hands on or above the person's body, sequentially. Reiki works through clothing and treatment is carried out with the person fully dressed and lying down. The person may receive the energy as heat, coolness, tingling. Or on the other hand or neither of these but will experience overall well-being.



***Kansa Vakti Foot Massage*** is an Ayurvedic treatment from India which has been used for centuries. The treatment involves the use of clarified butter (ghee), or coconut oil. The kansa vatki is a small metal bowl containing zinc and copper which works on the feet and lower limbs during the treatment. The massage helps revitalise tired feet.

### ***Special Interest***

Rosemary has a special interest in Pregnancy Reflexology.

### ***Qualifications***

- Level 3 Certificate in Swedish Massage
- Diploma in Anatomy and Physiology
- Diploma in Health, Safety Security & Employment
- Diploma in Indian Champissage
- Diploma in Natural Face Lift Massage
- Course in Kansa Vakti Foot Massage
- Diploma in Reflexology
- Certificate in Pregnancy Reflexology
- Advanced course in Reiki

### ***Professional Registration***

- Association of Reflexologists (AoR)
- VTCT

### ***Further information and to book an appointment***

Please refer to Rosemary's website at [www.rosemarylamb.com](http://www.rosemarylamb.com).

You can ring her on **07843 500 951**.or email [rosemary@rosemarylamb.com](mailto:rosemary@rosemarylamb.com).

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



mind and body therapies

31 roman road, london e2 0hu

020 3022 5892 [info@theplanetree.co.uk](mailto:info@theplanetree.co.uk)

[www.theplanetree.co.uk](http://www.theplanetree.co.uk)