

**Sabrina Falco**

***NO HANDS® Massage***

***Sports Massage***

***Deep Tissue Massage***

***Holistic Massage***

***Reiki***

### ***About Sabrina***

I have been a Massage practitioner since 2004 and am qualified in a number of different techniques and approaches. This enables me to offer treatments that are specific to the client and work on any specific issues or areas of tension. Before each session I take some time to discuss the individual needs of the client in order to tailor the treatment for the best possible results. I offer specific treatments or combine therapies depending on the wishes of the client. What I am trying to create is a complete treatment that doesn't just work on the body in isolation but works deeper on the underlying causes of tension. This provides a treatment which can help the body heal from within. My treatments offer an intuitive mind and body approach and I am happy to integrate Reiki if welcomed.

### ***NO HANDS® Massage***

**NO HANDS** Massage is a dynamic new form of massage that is sweeping across the world as one of the most powerful new therapeutic massage treatments available. It was conceived and developed by UK therapist Gerry Pyves after 20 years of clinical testing. During this treatment, I do not use my hands, but instead use the soft surfaces of my forearms with my body weight to provide a deep, powerful and relaxing massage. This massage works deeply on the underlying muscles and connective tissue, without some of the pain associated with traditional deep tissue massage. It works on several levels: Physical, Energetic, Emotional, Mental and Spiritual, providing a treatment that is deep, releasing, rejuvenating and nourishing. This is a Massage for life, not just for the odd injury or occasional pampering, but Massage to help your journey through life.



### ***Holistic Massage***

This treatment helps to create a feeling of deep relaxation and to reduce or eliminate any tension caused by our busy lifestyles. It helps to improve blood circulation and joint mobility, skin tone and elasticity, as well as combating muscle fatigue and stiffness. It can be an invigorating treatment that increases energy levels and can also speed recovery after an injury.

## ***Deep Tissue Massage***

This is a firm massage with the aim of realigning deep layers of muscle and connective tissue. It is helpful for relieving overworked muscles and releasing areas of tension within the body. It is useful for clients with shoulder or neck pain, limited mobility and postural problems.

## ***Sports Massage***

This is a treatment focused on specific muscles and is intended to relieve severe areas of tension in the body. It is recommended for people who experience constant pain and discomfort, but can also be used as a preventative treatment for athletes and people who exercise regularly. It can speed up healing of overworked muscles and it increases range of movement, so can be used as a part of a training programme. It also helps break down adhesions and get rid of lactic acid and toxins.

## ***Reiki***

This is an ancient Japanese method of natural healing and the actual word means 'universal life energy'. When people receive a reiki treatment they allow the energy to be taken into themselves with beneficial effects. Those who use reiki regularly often find that they are more joyful and have more vitality.

## ***Qualifications***

- ITEC Holistic Massage 2004
- ITEC Sport Massage 2007
- Reiki 2004
- NO HANDS Practitioner 2017

## ***Professional Registration***

- Complementary Therapists Association (CThA)
- Embody

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

For appointments, please contact the Plane Tree reception directly. Please visit my website at [www.zenfalco.com](http://www.zenfalco.com) for more information.



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)