



MASSAGES by SHARA-LEE

(Receipts are available upon request)

Pre-booking is Required through Back to Nature Retreat

Relaxation/Therapeutic Massages 1 hour \$88 (gst incl)

A one-hour massage session can reduce stress by lowering the heart rate and reducing levels of insulin and cortisol. Massage also improves blood circulation, leading to lower blood pressure and improved body functions. Stress can cause muscle soreness, but massage relaxes the muscles and reduces pain, especially beneficial after extended long periods of sitting.

Hot Stone Massages 1 hour \$110 (gst incl)

Hot Stone Massages have benefits beyond that of a regular massage. The hot stones expand the blood vessels, which in turn encourage blood flow throughout the body. The heat from the stones helps your muscles relax, allowing the therapist to manipulate your deep tissue more effectively, as the heat from the hot stones penetrate an inch and a half into the muscle. Studies have shown that Hot Stone Massages may help to reduce stress and anxiety, promote relaxation, and ease pain and muscle tension more effectively than a regular massage.

