

What we offer

Full Body Massage: The ultimate treatment for relief of stress, tension and anxiety. A powerful massage which leaves you with a sense of tranquillity and well-being.

Back Massage: Suitable for those with back problems, soothing muscular aches and pains.

Tension Massage: This covers the back, shoulders and neck; excellent for stress and tension in the neck and shoulder region.

Neck, Face and Scalp Massage (Aromatherapy only): A soothing therapy for easing tension headaches.

Legs and Feet massage: Recommended for revitalising stiff leg muscles and aching feet. It improves energy, builds resistance to fatigue, helps improve circulation and muscle tone, and assists drainage of excess fluids, leaving your legs feeling lighter and more relaxed.

Hands and Feet massage: Ideal for relaxing those aching hands and feet that have done a hard day's work.

What to Expect

At your first visit, the therapist will take an initial case history to determine if there are any special precautions or contra-indications to treatment that must be taken into account. The therapists liaise closely with Dr Spencer on any medical matters. You will be asked to undress, but only the part being treated will be exposed, and you will be kept warm and comfortable at all times. Afterwards, you may feel slightly sleepy, so it is a good idea to rest for some minutes, and to avoid stimulants such as tea, coffee, alcohol and tobacco

Prices (includes aromatherapy oils):

	<u>approx time</u>	<u>cost</u>
Full Body Massage:	1¼ hours	£35.00
Back Massage:	¾ hour	£25.00
Tension Massage:	¾ hour	£25.00
Face & scalp Massage: (Aromatherapy only)	½ hour	£20.00
Legs & Feet Massage	½ hour	£20.00
Hands & Feet Massage:	½ hour	£20.00
Initial consultation:	¼ hour	£5.00

Gift vouchers are also available in £5, £15, £20 and £30 values

Tarka Clinics Ltd

Tarka Clinics Ltd is probably the largest osteopathic practice in North Devon, and has been in existence in some form for the past 26 years. It has five osteopaths, and therapists using several allied healthcare modalities, including acupuncture, homoeopathy, sports therapy, nutritional therapy, hypnotherapy, aromatherapy, massage, chiropody and a fully equipped rehabilitation Pilates studio. An experienced medical practitioner who is also one of the osteopaths supervises the medical aspects of the therapies.

The practice specialises in musculoskeletal problems, and the practitioners liaise extensively both with each other and with local medical practitioners, ensuring patient safety as well as comfort and effectiveness.

MASSAGE AND AROMATHERAPY AT THE TARKA CLINIC

Tarka Clinics Ltd.
Incorporated in England (No: 4742171).
Registered Office: 47 Boutport Street, Barnstaple,
Devon EX31 1SQ.
Directors: Dr Peter Spencer, Mrs Gillian Spencer,
Miss Eleanor-Rose Spencer & Mr Matt Spencer
Clinic: Paiges Lane, Barnstaple, Devon EX31 1EF
(Tel: 01271-373346)

www.tarkaclinic.com

Massage is an holistic therapy; it treats the whole person - mind, body and spirit. It is the manipulation of soft tissues for therapeutic purposes. The medium used is oil or cream, which helps to hydrate the skin and allows for deeper massage, or talc which is more commonly used on men or people with oily skin.

The art of massage is likely to be as old as man himself because to rub or hold an injured part of the body is an instinctive reaction.

The Swedish massage performed at the Tarka Clinic involves deeper contact with the soft tissues, is specifically designed to reduce muscle tension and can be used as part of a weight loss program and to promote a sense of well being.

Aromatherapy has its roots in the most ancient healing practices of humankind, for the plants from which we now derive essential oils had been used for thousands of years before the technique of distilling oils was discovered.

Massage with essential oils is the most important method of treatment in aromatherapy, for it combines the effects of the oils themselves, with the important element of human contact between the therapist and the person seeking help.

The oils used have a wonderful aroma. Many of the oils have stimulant properties and can be used to assist in the resolution of specific musculoskeletal problems. The practitioner takes a full case history to help decide which combination of oils is the most appropriate for an individual person.

Aromatherapy/massage given either prior to or after osteopathic manipulation, can enhance the effectiveness of musculoskeletal treatment. It can harmonise and balance the mind, body and spirit and aims at physical and mental well being for each individual.

The massage can:

- reduce areas of tension
- improve blood circulation
- improve the skin condition
- improve metabolism
- deepen breathing
- improve digestion
- help to alleviate pain
- have a positive effect on body image
- help you to cope with life's pressure
- help to release inhibitions

Aromatherapy/massage has been used successfully to treat such conditions as stress, tension, inability to relax, insomnia, headaches, sinus blockage, irritable bowel syndrome, pre-menstrual tension, menopausal symptoms, arthritis, cramps and skin problems.

Expectant Mums Massage

Massage can help to relax muscles and joints and relieve some of those niggling aches and pains that come with advancing pregnancy—as well as helping to improve fluid drainage from fingers and ankles. Its beneficial, calming actions will also be passed on to the baby.

Infant Massage

Infant massage is especially beneficial to encourage infant-parent attachment, and relax both infant and parent. It also helps to boost the immune system, improve blood circulation and stimulate development of the infant's brain.

The Tarka Clinic Massage/Aromatherapy Team

Kathy Royle BA, ITEC, IGPP:
Aromatherapy Massage
Swedish Massage
Monday evening
Friday all day

Susan Coles MIGHT:
Aromatherapy Massage
Saturday Morning
Thursday all day



For further details, telephone our clinic on 01271-373346, or visit our website at www.tarkaclinic.com