



Hello campers, my name is Lotte and I will be offering you an opportunity to treat YOURSELF with on-site (in a yurt!) Holistic Massage therapy.

This type of massage draws on a number of techniques from many traditions including Swedish massage, combining them with my own intuitive sensitivity, to meet the client's individual needs, as a whole.

Every massage is uniquely tailored to suit how you feel at your appointment. Working with you and your body, I will call upon my knowledge in a wide variety of methods including deep tissue work, stretching, mobilising and holds to offer your body deep relaxation, rejuvenation and the opportunity to ease tense muscles, relieve stress and anxiety, and to improve flexibility. I really look forward to meeting you at the farm.

Treatments:

1 hour - £45

1.5 hour - £55

Please bring cash as payment on the day.

Timings include a short initial consultation at the start.