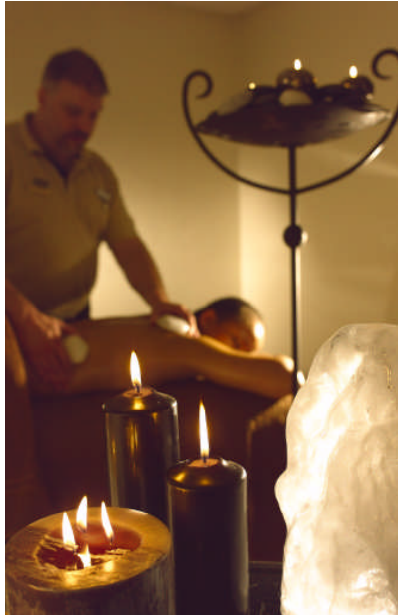


June 2006

Press Release

Fire & Ice Massage

A revolutionary new therapy for the more active.



David Pike, one of Ragdale's highly talented and experienced La Stone therapists, has devised a deep, stimulating massage using hot and cold stones, combining active stretching, mobilisation and energy techniques.

This treatment is ideal for anyone who is active, enjoys deep massage and carries a lot of muscular tension, especially due to physical work or sport. It aids recovery from exercise and helps improve long term performance.

The Fire & Ice combination of relaxing warm stones deeply massaging tense muscles, and refreshing, invigorating cold stones, relieving inflammation, sends the sensory nerve endings into a wonderful frenzy of stimulation and relaxation.

The sports techniques of manipulation and stretching are adapted to individual needs, along with added benefits of chakra balancing and Reiki, leaving aching muscles eased and the body floating.

The body will feel rebalanced and a by product of the massage is the release of endorphins (our natural pain killers) thus leaving the mind clear and focused and the muscles lengthened and detoxed. But this is definitely not for the faint hearted!

Duration: 85 minutes

Price: £74.50

To experience this fabulous treatment yourself, please contact:

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