



To book an appointment please phone 01342 832 150.

To avoid disappointment please phone at least 24 hours in advance.

The prices shown are an introductory offer valid until the 28th February 2017.

Please note your massage can only proceed if your health permits.

If you have any doubts please contact Andrei or your GP before making an appointment



## Therapy Room for Hire

Following the refurbishment of Claridge House in 2016 we now have a Therapy Room available for hire to Qualified Therapists.

To enquire about the possibility of hiring the Therapy Room please call 01342 832150 or email [welcome@claridgehousequaker.org.uk](mailto:welcome@claridgehousequaker.org.uk)

Dormans Road, Lingfield, Surrey RH7 6QH  
01342 832 150  
[welcome@claridgehousequaker.org.uk](mailto:welcome@claridgehousequaker.org.uk)  
[www.claridgehousequaker.org.uk](http://www.claridgehousequaker.org.uk)  
CIO No. 1167155

For further details please visit our website  
[www.claridgehousequaker.co.uk](http://www.claridgehousequaker.co.uk)



## Massage at Claridge House

Introducing



December 2016

[www.springpalms.co.uk](http://www.springpalms.co.uk)

## MASSAGE AT CLARIDGE HOUSE

Claridge House is delighted to announce the services of massage therapist - Andrei Illes of Spring Palms Therapies.



Andrei is a professional massage therapist and teacher with many years experience.

In his practice he uses his knowledge and experience of internal energy gained from his lifelong interest in martial arts.

Andrei has a firm belief in the effectiveness of massage as a complementary therapy capable of benefitting everyone.

Andrei's massages are all performed with consideration of his client as his prime guiding principle.

His clients are people of all ages and his natural, caring approach generates a sense of security and well being that has them returning time and time again.



Spring Palms Therapies

**Longevity - 45 minutes**  
**full body holistic massage £35**

A full body holistic massage to rejuvenate and relax those seeking relief from aches and pains.

**Ancient Remedies - 45 minutes**  
**Thai table massage £35**

Alleviates back pain, improves the immune system and reduces stiffness. Ideal for those with stiff joints or suffering from stress.

**Looking Inside - 40 minutes**  
**meditation & Thai Yoga massage £30**

Calms nerves, improves posture, improve sleep patterns for those undergoing extreme stress, depression or with emotional issues.

**Healing Breaths - 40 minutes**  
**breathing exercises and Thai Yoga massage £30**

Strengthens the respiratory and immune systems, improves the circulation for those lacking in energy or with emotional issues.

**Wellness Suite 30 - 40 minutes**  
**£30**

Helps to alleviate various symptoms at the same time balancing physical, mental and emotional states

**Settling calm - 40 minutes**  
**back, neck and £30**  
**shoulder massage**

Alleviates stiffness, refreshes muscles, breaks down fibrosis or arthritic adhesions. Helpful for those with back, neck or shoulder pain.

**Beneath the surface - 40 minutes**  
**sports massage £30**

Alleviates the tension that builds up during physical activity. Helps to repair the micro injuries and lesions caused by overuse.

**Soothe your soul - 20 minutes**  
**back, head, neck and £30**  
**shoulder massage**

Stimulates and refreshes muscles, eases tension and helps to relieve pain.

**Raindrops - 15 minutes**  
**neck, face and £18**  
**head massage**

Increases mobility in the neck and shoulders, improves the blood circulation  
Recommended after a stressful day.

**Stepping on a cloud - 15 minutes**  
**foot massage £18**

Releases tiredness and stiffness in the feet and ankles excellent after a long day or tiring journey.