

Guide To The Best Massage For Your Body

I Want To...

Relieve Pain

Improve Wellbeing

Relax & Destress

Are You Sporty or Suffering from Sports Injury?

Need To Focus More on Energy Flow?

Are You Physically or Emotionally Stressed?

YES NO

YES NO

YES NO

Sports Massage Acupressure Massage

Aromatherapy Massage Swedish Massage

Want To Improve Flexibility?

Are You Pregnant?

YES NO

YES NO

Thai Massage Shiatsu Massage

Pre-Natal Massage Hot Stone Massage



ESTHEVA[®]
SPA