

Would you like to benefit from :

- More relaxed
- More energy
- Improved circulation
- Increase mobility
- Increase Immunity
- Less muscle tension
- Decrease stress
- Weight loss



FREE CONSULTATION



**To book now, or for any further information  
contact: Complementary Therapist  
Rory Iowe Msc, Bsc (Hons)  
Now Available at the Tongue Hotel  
Tongue, Sutherland  
IV27 4DX**

FIND OUT ABOUT THE FREE  
MINI CONSULTATION AND  
MASSAGE!

Home visits can be discussed

Tel: 01847 611206  
Mobile: 07598 727 400

Always happy to hear from you!



HEALTHY ◦ RELAXING ◦ CALMING



Rory Lowe is qualified in Swedish massage, reflexology, nutrition and Indian head massage. His holistic approach to treating common ailments and imbalances can help you to be happier, more relaxed, and healthier.

### **Swedish Massage**

Swedish massage has been found to have many benefits, Reduction in muscle tension, Release of the natural bodys painkiller endorphins, Relaxation and reduction in anxiety, Improved blood circulation, Improved Lymphatic drainage and improved mobility.

**Cost: First session; 60 mins, £30**  
**Follow-up sessions; 45 mins, £30**



### **Reflexology**

Reflexology has been around for thousands of years. It seeks to create balance in the mind and body. Gentle pressure is applied to specific areas of the hands or feet which correspond to organs and systems within the body.

**Cost: First session; 60 mins, £30**  
**Follow-up sessions: 45 mins, £30**

### **Indian Face & Head Massage**

This treatment can have profound effects through its promotion of relaxation and stress reduction. Rory will work head, neck, shoulders, upper arms, back and face to reduce muscle tension and increase blood flow.

**Cost: First session; 60 mins, £30**  
**Follow-up sessions; 45 mins, £30**

**Nutritional Therapy:** You are what eat and metabolise stands true: Your diet has a massive impact On your life. A session with Rory will allow him to explain how to eat healthier; by doing this you will cleanse and nourish from within. Each session is tailored to you and your needs.

**Cost: First session; 60 mins, £30**  
**Follow up sessions; 45 mins, £30**

FREE CONSULTATION

CALL RORY NOW:

01847 611206 OR 07598 727 400

