

Neals Yard Therapy Rooms  
11 Northumberland Place  
Bath BA1 5AR  
Phone 01225 466944

Thank you for booking a Holistic Marmani Massage with Nadia at Neal's Yard, Bath. Here is some background info and some tips for getting the most out of our session.

Marma points (or marmani - the plural) are a principle element of Ayurvedic medicine's therapeutic power. Applying pressure on these 'vital points' can profoundly influence the body, mind and spirit and facilitate deep levels of healing. Stimulating the marmani directly taps into a prana-reservoir of energy which promotes health by toning and nourishing organs, releasing toxins, increasing blood circulation and generally achieving an optimum state of balance and wellness in the human body. Re-establishing a dynamic flow of energy through the marmani 'junctions' and 'nadis' (channels) is the overall aim of my treatment. It's important to know that to achieve this the strokes and pressure can feel quite strong. On the whole the vast majority of my clients describe the treatment as "relaxing".

On that note, the treatment incorporates a variety of soothing and stimulating strokes along with the systematic pressing of 117 marma points. Some of the points can feel tender but this is nothing to worry about as this treatment is not 'diagnostic' - intensity felt is not an indication of something being amiss with the marma's related organ.

*If you have any of the following 'contra-indications' please rebook for another day. It would be unsafe for me to treat you if you have any of the following:*

- *Varicose Veins*
- *Indigestion or severe constipation*
- *Severe cough or cold*
- *Vomiting*
- *Fever*
- *Skin disease*
- *Have consumed excessive alcohol or drugs*
- *Have taken a laxative*

*If you have any of the following conditions then please check with your GP prior to the treatment:*

- *Asthma*
- *Heart conditions*
- *High or low blood pressure*
- *Phlebitis or thrombosis*
- *Pregnancy (first or third trimester)*
- *Allergies*
- *Epilepsy*
- *Cancer*

It is a good idea to have eaten only lightly before coming-even better to come with an empty stomach.

Please shower on the day of your massage if possible and wear underwear that is not too precious (there may be a little oil residue). Men - please wear briefs rather than boxer shorts for easier accessibility to the gluteal muscles. Thongs are ideal for men and women as a

practical choice. You may prefer to wash your hair after your massage and also, to apply any make-up later. I will ask you to remove all jewellery before we begin.

**Please let me know before we begin if there are any areas you do not wish me to massage; e.g. face, head or feet.**

I am happy to play your preferred music on YouTube should that enhance your enjoyment. Just let me know the name during our consultation.

Please note all clients are charged at a cancellation fee of 50% of the full massage price for any cancellations made within 24 hours of the appointment time.

I am sure you will find the massage very effective at addressing whatever particular needs your physical and energy 'bodies' have on the day, so long as you don't have any of the above 'contra-indications'.

I work on the premise that if you are quiet during your massage you are enjoying the experience. Please let me know directly if that is not the case, for whatever reason. I love your feedback and want you to come back again 😊

Looking forward to treating you, Nadia.

