

Title:

How Fantastic Would A Spa Break Be

Word Count:

642

Summary:

These days' alternative therapies are all the rage. Reiki, aromatherapy, reflexology, crystal

While a visit to a spa is often s...

Keywords:

Short breaks, spa, spa break, short holiday

Article Body:

These days' alternative therapies are all the rage. Reiki, aromatherapy, reflexology, crystal

While a visit to a spa is often seen as simply a great way to pamper the body, they are becomi

Typical services that are available can include a full body massage, aromatherapy, body wraps,

Usually the modern spas will offer a selection of different types of massages such as:

- Shiatsu which is meant to balance the body's QI energy forces. This involves the applying of
- Reiki which unlike many other forms of massage does not involve any pressure, instead using
- Swedish massage is probably the most well known type of massage in the West, and uses a seri
- Reflexology is a surprisingly effective and deeply relaxing foot massage which uses steady pr
- CranioSacral Therapy is used to treat chronic pain, migraine headaches as well as a range of
- Lymphatic Drainage has become a popular and widely used whole-body technique, utilising prec
- Rolfing uses deep manipulation to help restore the body's natural alignment following injury

Other types of massage therapy can also be easily found, making often the most difficult part

Next you can go on to the other services such as a facial which will leave you feeling cleanse

Locating a suitable spa is easy; a quick search on the internet or a visit to a UK short break

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