

## The Gift of Relaxation



Photo by brokenarts

Buying a present for someone can often be quite difficult and stressful, especially when they already have everything. **Treating a loved one to a relaxing massage is a lovely, original and thoughtful gift idea.** It is the perfect gift for all occasions – Birthday, Christmas, Valentine’s Day, Mother’s Day, Father’s Day, to say Thank You or for any other reason you can think of.

So you’ve decided to treat someone special to a Holistic Therapy Gift Certificate but you don’t know what to choose! **Here is a brief guide to help you choose the perfect treatment.**

### **If the person has never had a massage:**

You can’t go wrong with a Swedish or Aromatherapy Massage. Swedish Massage is a massage treatment involving a sequence of movements that aid relaxation, relieve knots from tense muscles, and promote well-being. With the Aromatherapy Massage, Essential Oils are used to help treat specific ailments and help further the relaxation experience. Reflexology is also a very relaxing treatment but it’s best to check that they don’t mind their feet being touched first before buying a gift certificate for this one!

### **If the person is a massage junkie:**

They will probably love any therapy you choose but maybe go for something they haven’t tried yet. To make it really special I’d recommend something slightly more specialist like a Hot Stone Massage. Hot Stone Massage involves the use of water-heated basalt stones of varying sizes in combination with Swedish Massage techniques. The heat of the stones helps muscles relax more quickly than in traditional massage, allowing manipulation of a greater intensity.

### **If you think the person would like to choose for themselves:**

Decide how much you want to spend and purchase a gift certificate for that value. That way, they can use it as full or part payment towards a treatment of their choice plus you don’t have to worry whether they will like what you have chosen or not.

Balance Holistics Gift Certificates are sold in £5 increments as well as for complete treatments. They come with a blank gift card so that you can add your own message and are valid for 6 months from the date of purchase. These can be purchased online using Paypal (You do not need a Paypal account to use this service).