



FRANCY LEMA

Francy Lema is a Naturopath and Acupuncturist, Yoga teacher (Yoga Alliance) Thai massage teacher (ITM School registered) and certificated professional in Therapeutic Massage. With more than 10 years' experience in wellness and nutrition, she has learned different oriental techniques in Asia, enhanced her western training and concept of global health and wellness. Her passion, vocational work, and way of life is the focus to improve the quality of life of individuals, restoring physical and emotional health.

Sea Magnesium Deep Massage

1 hour **£210**

1 hour 30 mins **£300**

Ideal to break down the stiffness, relief pain, release fatigue and recovery from Jet Lag. Includes Magnesium mineral oil and can include fascia stretching, cupping and Tok Sen.

Yoga-Thai Massage

1 hour **£210**

1 hour 30 mins **£300**

A traditional massage from Wat Poh Temple. The body is massaged without using oil. Increases mobility, flexibility and reduces body tension. Improves body posture and provides general well-being.

Shiatsu

1 hour **£190**

1 hour 30 mins **£275**

A form of acupressure that originated from Japan. This pressure point therapy uses kneading, pressing, soothing, tapping, and stretching techniques and is performed without oil. Helps to reduce stress.

Naturopath Consultation

1 hour £190

30 mins (Follow up) £100

Based on the deep understanding of the naturopathic use of herbs, supplementation, and a good nutrition. This session is a perfect start to care for your body from the inside and discover your inner strength and health. Includes nutrition advice and breathing education.