

# FRANGIPAN TOUCH™

## SPA TREATMENTS

Using ancient wisdom we have created therapeutic techniques that are as individual as you are.



And you're feeling good.....



## WELCOME TO OUR WORLD OF COMPLETE SENSORY HEAVEN

Where time is left at the door and a new  
journey begins....

Each of our unique spa-therapies begins with The Frangipan Touch™. Having placed a warm aromatic compress on your feet we will begin the consultation process to ensure your treatment is unique and specially created for you. We then commence your treatment with a cleansing ritual to remove the taint of the urban environment, gently stimulating your senses and allowing you to centre your thoughts.

Frances has developed a technique: Frangipan Touch™ that is unique to this experience and her team of practitioners will use this within treatments.

All Accomplishing Wellness practitioners will work individually with you, and are trained to the highest professional standards



They have years of appropriate clinical experience and will ensure this experience is one that you will remember.

Your journey continues with the ancient art of using touch to communicate with your physical and emotional needs. We have developed a range of treatments over a number of years. These have been influenced and inspired by our personal experiences of exotic cultures and ancient traditions. They will include a combination of:

**Aroma Stone Therapy** For centuries ancient cultures have used the stones for medicinal and relaxing purposes. In Bali, it is believed that 'batu' stones are filled with the vitality and energy of the water that flows over them in an eternal stream. For this treatment we bathe stones in warm water and anoint them with individually blended exotic, sensual aromas. Small stones are placed on key areas of the body, evoking an aura of warmth, whilst the deep penetrating heat from the larger stones is used to massage the body. This traditional technique helps to ease the pain and tension of aching muscles as well as deeply relax and rebalance the mind and body.

**Aromatherapy in the style of Frangipan Touch™** Aromatherapy – a wonderful blend of art and science, involving the creation of a fragrance individually blended for each person. Essential oils were used by the Egyptians as a medicine, as perfume and for massage treatments. Aromatherapy is an exciting treatment and is one of the few things in life that are both nice and good for you!

The blended oils are used in massage or bath or as a fragrance to relax the muscles and mind. Aromatherapy has been used for centuries as a medicine, a therapy, or to perfume rooms. This sensory experience is used in reminiscence work to recapture a special moment in life with the use of smell as the trigger. In addition, a bottle of your special 'blend' will be given to you as a gift to use at home to recall this experience.

**Therapeutic massage incorporating pressure points and breathing techniques** Massage has been used for centuries by many cultures including Chinese, Indian, and Egyptian. The specific massage movements are performed with the hands to achieve a muscle melt. This truly sensual experience gently eases tension from the body of the muscle and allows the mind to become still. The therapist is as skilful as a sculptor, using gentle rhythmic movements to help you relax and refocus your mind.

Within the massage treatment, pressure is alternated to meet the need of the client and match the anticipated treatment outcome. Pressure points are used with breathing technique to unlock tension in the soft tissues and to stimulate the flow of endorphins, the pain-relieving agents in the body. Our practitioners' skilful hands use ancient movements to unlock the tension within the body. With the final movements used in treatment, the practitioner then prepares the soft tissues to respond easily to the journey ahead. This is a sensory experience that is not to be missed.

**Gentle reflexology** This therapy was first used over 3,000 years ago and uses specific pressure application to the soles of the feet or hands. Combined with relaxation, this technique allows the receiver



to become aware of their body's response to these pressure points. This gentle treatment has been devised over many years of clinical work to ensure that no discomfort is experienced. Our aim is to achieve deep relaxation and time for reflection.





**Indian head massage** This ancient treatment will focus on the scalp, neck and shoulder and is a deeply relaxing treatment. It was originally developed centuries ago and is used within Indian culture today. No oil is used in the Frangipan Touch™ treatment and the client remains fully clothed, so this treatment is ideal for everyone to experience.

Specific pressure points are stimulated on the scalp and back to release muscular tension. This is important in enabling the individual to cope with everyday stress felt in the shoulder area – particularly important for those who use keyboards regularly, or those who travel extensively. The reduction in muscle tension also helps to gently increase the circulation and this encourages effective brain activity. This treatment is slightly shorter in length than the aromatherapy or reflexology, but it is equally powerful.


A modified shorter treatment can be shared with small groups, and again this can then be taken away by the individual to use when they feel it appropriate. This is a great stress management tool and can be applied in almost any situation.

**Warm wax treatments** Following a hand or foot massage treatment, with a gentle exfoliate, a warm fragrant wax is gently painted onto the hand or foot two or three times to produce a warm wax indulgence. These layers of wax apply warmth with flexibility, and to savour the moment we wrap the hand in foil and encase it in warm towels. This treatment is extremely beneficial for keyboard players or drivers as it helps mobilise joints and muscles. For the feet the warm wax treatment is beneficial to nourish the skin, and again helps mobility of the joints. It is also helpful for those with cold extremities, as it addresses the need to heat and comfort. After this treatment the joints feel able to move easily, the skin is moisturised and becomes iridescent in appearance.



**Seaweed and salt body exfoliation** This delightful treatment brings the benefit of sea products to the skin. The mineral products found in seaweed and sea-salt are beneficial to the skin and we combine these ingredients with fragrant plant extracts to produce an exhilarating tingle to the skin. We alternate between different textured brushes and mitts and also the temperature of towels as this enhances the sensory experience and treatment effect.

Exfoliation is important to reduce the signs of ageing and give the new skin a fresh appearance. The removal of the dead cells encourages moisture absorption following treatment. To complement the treatment we gently apply an individually perfumed body lotion with cocoa butter and coconut extracts.



**Energy balancing** The ancient shaman art of energy balancing is introduced into this treatment to relax, revitalise and recharge the energy centres of the body. Your therapist will use very gentle pressure to unlock tension and negative muscle memory. This technique allows the muscles to realign and the body to move deeply and easily into a relaxed state. For maximum effect, energy balancing is best accessed in a series of treatments. This powerful and effective approach is gently applied and is an exciting new treatment in our collection of sensory experiences.

**Guided relaxation** The focus of this treatment is to quietly guide your mind to a very peaceful place. You will lie cocooned in a cloud of soft fluffy blankets, gently supported with pillows, soft candle light, and a Frangipan Touch™ fragrance, all to ensure your body is totally relaxed. Your therapist will guide your mind to a special, safe sanctuary where your mind is bathed in the delights of gentle suggestion until you feel ready to return. This treatment is negotiated between the therapist and you, each and every time you access it. This ensures that your sanctuary is appropriate for you.

**Wellness and lifestyle coaching** is about "the now and the future". A coach gives people the confidence and ability to move forward in a positive manner in the areas of their life where they crave change. Coaching is about breaking down barriers that prevent this change from happening and creating the ideal environment for positive action to take place. It is a totally holistic approach that looks at the present and sets goals for a totally successful future. Coaching is NOT counselling but it is about moving forward into the future with positive goals and realistic expectations.

**Learning some techniques via our workshops** If you wish, tuition can be given in learning simple techniques, to use at home. Please remember to advise your therapist that you will need additional time when booking.



## **Our Five Star Frangipan Touch™**

**Aromatherapy - Indian Head Massage - Aroma Stone Therapy -  
Massage Treatment - Gentle Reflexology**

### **Special Evenings**

Based on our Five Star Approach we will tailor-make a special event for you and your friends and family.

- ★ Mothers to be - £25 per session
- ★ Girly nights (up to 20 ladies) - £40 per person
- ★ Pre-wedding - for bride, groom, family and friends (up to 20 people) - £40 per person
- ★ For the man in your life - £40 per person

Please see the website for more information