



Mindful Massage

- Find your inner peace -

Jude Cree

07736 363 680

www.mindfulmassageni.co.uk

 MindfulMassageNI

 mindfulmassage

Mindful Massage

- Find your inner peace -



My name is Jude Cree, I have many years of massage, counselling and mindfulness practice.

I set up Mindful Massage to offer a wonderful range of massages and treatments including a Mindful Massage using conversation, meditation and massage to help you learn techniques to live in the moment, let emotions go and just be.

Mindful Massage is a calm space where you can find your inner peace.



Mindful Massage

- Find your inner peace -

Mindful Massage

By combining conversation, meditation and massage I help you learn techniques to live in the moment, let emotions go and just be. A pressure based Swedish massage on the tightest and most painful areas of your body you ensures you feel great mentally and physically.

Mindful Massage sessions can be done singly or as a course focussing on areas such as dealing with difficulty, letting go of negative thoughts or large scale life events.

Warm Bamboo

Deep Tissue Massage using Bamboo sticks helping rejuvenate your body, ideal for reducing tightness and rolling out knots.

Anti-Ageing Facial and Massage

Using Neal's Yard products this restorative facial helps fight the signs of ageing, reduce the appearance of fine lines and wrinkles. Treatment includes a shoulder, arm and décolletage massage.

Hydrating Facial and Massage

Using Neal's Yard products make your skin glow with this hydrating facial for all skin types. Treatment includes a shoulder, arm and décolletage massage.

Sports Massage

Targeted massage on neck, shoulders, back, leg muscles, massage is vital in helping you relax to perform at your best.

Pregnancy

Target areas prone to stress and tension with this deeply nourishing body massage, specifically designed to suit your individual needs whilst helping you relax, restore and revitalise.

Aromatherapy

A therapeutic full body massage using specially selected essential oils to nourish and replenish your skin.

Swedish

Pressure based massage loosens tired muscles, promotes circulation and leaves you feeling wonderful.

Hot Stone

Ensures deep relaxation with a full body massage using aromatic oils and hot stones.

Indian Head

Perfect for times of stress - helping you unwind and enjoy life again. (30 minutes only)

Mindful Massage

- Find your inner peace -

Opening Hours are flexible

For appointments text 07736 363 680

Beautiful Gift Vouchers available

Prices

60 minutes - £50

30 minutes - £30

Mindful Massage 80 minutes £60

*Twenty-minute rituals for just £10
can be added to any massage.*

Foot Scrub and massage.

Facial cleanse, scrub and mask (suitable for all skin types)

Scalp treatment.

Seasonal Affective Disorder light session.

All products are 100% natural and cruelty free.

Mindful Massage

1 Bangor Road
Holywood
BT180NT

www.mindfulmassageni.co.uk

Mindful Massage - Find your inner peace