

## NEW YEAR DE-TOX AND A NEW REGIME FOR THE YEAR AHEAD



*EDITOR, NINA HOSKING EXPERIENCES THE BENEFITS OF MASSAGE AND COMPLIMENTARY THERAPY*

Do you enjoy 'pampering' treatments? I have to admit that when I do get time for any sort of treatment described as 'pampering', I always have a vague sense of guilt before, during and after simply because of the term 'pampering'. It drums up pictures in my mind of pre-pubescent girls, dressed in pink, pestering the life out of their parents, and yes a small dog in a handbag slung over their arm. Eeeeuw! So, when I booked into *Senses* in Northwood for an 1½ hour de-tox, post Christmas binge treatment, I was really not sure what to expect.

The exterior of the salon belies the serenely decorated interior, where I was welcomed by owner Farah. At the time of booking the session Farah established the reason I was there in the first place, and on arrival I completed a comprehensive medical questionnaire which also highlighted any particular areas of my body which reacted to stress more than others. The usual shoulder, neck, back, headaches... the list went on!

I had booked in for a particular session with a therapist called Masako. My treatment was tailor made to my needs according to the questionnaire and is aptly named 'Masako's Magic'. My session consisted of Swedish Massage, a traditional Chinese therapy called Cupping, Reiki and Reflexology.

Truly, it really was magic! For the first time in ages I actually had no pain and I felt that my whole body was functioning as it should. Rather worryingly Masako told me that I could have done with much longer - my, I had poisoned myself quite badly over the festive period with all my indulgences! Masako herself is a slight chinese lady, a

trained nurse and therapist who really enjoys the help that she can give you. She explained to me about all my treatments and how they worked - I am a very inquisitive person by nature but she was very patient and clear about how each treatment would help restore my body to its proper state of functioning. As the treatment progressed I felt a deep sense of relaxation, so much so that when the treatment was over I felt a vague sense of disappointment, but felt safe in the knowledge that I could return on a regular basis.



Farah and her husband set up the business about a year ago in Northwood, conveniently situated right outside the train station with free parking available. They are both firm believers in the benefits of regular massage treatments and complimentary therapies and have a number of highly professional, qualified and respected therapists now working

with them. I have to say that I am now a complete convert. Far from being 'pampered' I am now convinced that this sort of treatment is essential for those leading a stressful life for whatever reason; emotional or physical. On returning home from my 90 minutes of pure magic, having been so enthused I have persuaded my husband to also book a regular appointment. This means we can both reap the amazing benefits of the treatments, and take advantage of the generous discounts of multiple bookings.

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