

Aromatherapy

Aromatherapy is a specialized massage combined with the therapeutic properties of essential oils. The oils are blended according to the client's needs and provide a relaxing and refreshing treatment.

This type of treatment can help migraines, headaches, muscular aches and pains, arthritis, rheumatism, stress, tension, depression, hormonal problems and many more.



Appointments

To book an appointment, please contact the Alconbury Fitness Center at DSN 268-3531 or 01480 843531. Same day appointments are possible; please call ahead to check our schedule. If cancelling, please give as much notice as possible so we can offer your space to someone else.

Prices

\$55 for a one-hour appointment
\$35 for a 30-minute appointment

Cash Only Please

Gift Certificates Available!

Insurance Claim Receipts are available on request.

At your first treatment, please arrive 10 minutes early to complete a consultation form. Please note: We are unable to treat pregnant ladies; massages are for those aged 16 years and older only.

Professional Massage

at the Fitness Center

- Swedish Massage
- Deep Tissue Massage
- Reflexology
- Aromatherapy



Fitness Center
Building 586 • RAF Alconbury
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Deep Tissue Massage

This is a therapeutic treatment using a slower technique and deep pressure. Deep Tissue Massage helps relieve back, neck and joint problems and is perfect for anyone with long-held tension and postural weaknesses, as well as athletes who undergo intensive conditioning. For maximum benefit, regular sessions are recommended. This type of massage is great for relaxation too.



Reflexology

Reflexology is a natural therapy with great preventative value. A specialized acupressure technique is applied to the reflex areas of the feet, which stimulates the flow of “CHI” energy throughout the whole body, thus encouraging the body’s capacity for self-healing. Reflexology induces a deep state of relaxation, reduces stress, helps improve circulation and the elimination of toxins. It is used to relieve migraines, insomnia, back pain, joint problems, hormonal imbalances, IBS, tension, depression, and more.



Swedish Massage

Swedish massage is intended for people suffering from tiredness, tension, or stress. This type of massage increases circulation, and stretches and relaxes the muscles. It promotes flexibility and increases range of motion pre-exercise; and speeds recovery and relieves muscular aches and pains post-exercise. Regular treatments are recommended as part of a general fitness program.