

The New Massage

NO HANDS[®] Massage is deep, relaxing, rejuvenating and nourishing. It is a dynamic form of Massage that is sweeping the world as one of the most powerful new therapeutic treatments available. It was conceived and developed by UK therapist Gerry Pyves after 20 years of clinical testing.

It is Massage that works – on every level.

Physical

Energetic

Emotional

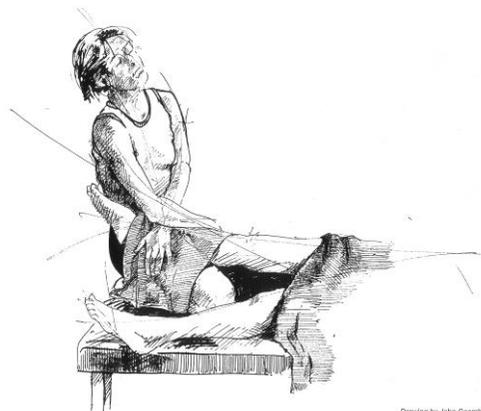
Mental

Spiritual

A Gentle Giant

It works because we literally do not use our hands, but instead we use the soft surfaces of our forearms. This means it is both deeper and more relaxing than conventional Massage. For this reason it has been called the Gentle Giant of Massage.

This is Massage for life, not just for the odd injury or occasional pampering, but Massage to help your journey through life. Words and pictures cannot do justice to the power of this 'New Massage' – you can only understand it by feeling it.



Powerful

The most ancient healing therapy on the planet just got more powerful.

NO HANDS Massage is deeper and more effective than you ever thought possible. This is why *NO HANDS* Massage has now become the Massage treatment of choice for many professional Massage therapists – because they know!

The Massage is so powerful that you will feel the benefits long after the session has finished. No more 'skin polishing', no more discomfort and no more painful or intrusive techniques. Only deep, gentle, powerful touch...

Deep Touch

Nourishing Touch

Energising Touch

Transforming Touch

SO WHAT EXACTLY HAPPENS IN A SESSION?

Almost all of the work is done with you on the couch receiving Massage, sometimes with oil, sometimes not. Nothing happens without your consent – every step of the way you are in control. I will be your guide and your best fan, cheering you on from the sidelines through my touch. One of the hallmarks of having a NO HANDS Massage is that the practitioner works almost completely silently once the Massage starts.

Every session starts with me asking the question: "How do **you** want to **feel** at the end of this session?"

Apart from that, all I can say is that every session is different! I may do the Bodywork, but it will be you who does the releasing. The session is all about how far you can let go... Sometimes the session is still and silent, sometimes raucous and full of laughter. It is whatever you need in order to help you to find your true balance, your true Shi'Zen.

Prices

Single Session £35
Approximately 60 minutes.

Ask about my 3 4 60 offer for clients new to NO HANDS Massage.

Special Rates available for those committed to monthly treatments, please ask for details.

Detox Programme

4 Detox Treatments in 4 weeks plus
THE DETOX BOX for use at home
£139 (Save £60)

A FEW IDEAS FOR SESSIONS YOU MAY WANT TO TRY....

The NO HANDS Clothed Treatment

A great way to experience the power of NO HANDS without the need of undressing or the use of oils. Working entirely through a towel that protects your clothing, I can deliver the full power and depth of the NO HANDS experience

The NO HANDS Reflex Massage

Experience the power of your reflexes being worked WITHOUT PAIN but deeper than you have ever felt! Stimulating the reflexes of the feet is as ancient as touch itself and can affect your whole body. The NO HANDS Reflex treatment takes reflexology one step further.

The NO HANDS Detox Treatment

Trigger your body's own natural Detoxification reflex by combining aspects of both a Colon and the Reflex treatments in one powerful treatment. It is designed to work by simply awakening the body's natural instinct for harmony and balance.

The NO HANDS Transformational Treatment

This is an amazing way to use NO HANDS to support the changes you want to make in your life. Maybe it is a question of losing weight or giving up an addiction. Maybe it is a question of achieving those elusive goals. Whatever it is that you want to change; you can use the power of touch to help you. I will help you to use the power of your mind during this treatment and if privacy is an issue, I need never even know what it is you actually wish to change. This is not 'psychotherapy'. It is just about aligning your mind with the simple power of touch to support the changes that you wish to make in your life.

The NO HANDS Shi'Zen Kai Treatment

A four element balancing massage. Working through the elements of Earth, Water, Fire and Air to balance the energy in the whole being, this massage seamlessly combines the styles of connecting, nurturing, releasing and repleting in one powerful treatment.



With

Wendy Mills

Licensed NO HANDS Therapist
and Instructor

07858 137 889

Available at Beautonics and
Sutton St Nicholas

www.wendymills.co.uk

Mercia Massage Clinic and
Academy