

The party



You can choose from

'Pure pamper and indulgence party'. This will be a 1 hour treatment of your choice and will cost £45.00 per guest

'Chill out and relax' This will be a 30 minute treatment of your choice and will cost £25.00 per guest

The ideal number for your party is from 6 guests upwards, depending on how much space you have to hold the party in. The number of therapists would depend on the number of guests and what treatments they require. This would be discussed prior to the party and you would receive a schedule form to help you organise the night.

On the night you only need to relax along with your guests, socialise and enjoy the pure indulgence of your massage. A senior practitioner will coordinate all the treatments ensuring the smooth running of the evening.



To book your pamper party or to discuss in more detail your full requirements, please contact us.

Therapies on offer:

- On-site acupressure chair massage
- Chandra massage
- Indian head massage
- Reflexology
- Aromatherapy massage
- Beauty treatments
- Indian head massage



This therapy is based on Ayurveda, the oldest Indian healing system. Indian Head Massage has been westernised to include other parts of the body vulnerable to stress such as the neck, upper arms and shoulders. It is ideal for practising in the workplace because it is non-invasive. The client can remain fully clothed and it is relatively quick to perform in 10-20 minutes, and no special equipment is needed.

Indian head massage - can help counter balance the effects of stress as, by relaxing the shoulders, they will drop and allow the energy to flow more freely. This will encourage deeper and easier breathing and improve joint mobility; it can help to reduce tension and tightness in the upper arms and shoulders; it also helps to open up the energy flow from the spine to the whole head, thus reducing tension and headaches.

Reflexology - or zone therapy, was known in China and India 5000 years ago. It is based on the meridians, or zones, which run throughout the body from the feet or hands to the brain. These are related to the acupuncture meridians. It can be practiced on the feet or the hands. Blockages may occur along the meridians, which interrupt the smooth flow of energy throughout the body, causing pain, disorder, disease or other problems which require healing.

For centuries reflexology has been used to treat migraine, asthma, headaches, fatigue, jet lag, knee, neck and shoulder pains, digestive weakness, blood circulation and terminally ill patients. Reflexology also aids in stress reduction, which results in beneficial physiological changes in the body. The science of reflexology is also highly beneficial during pregnancy.

Reflexology promotes and encourages 'Total Body Relaxation', restful sleep, and generally gives a wonderful feeling of well-being.

Aromatherapy - there is no better treatment to relieve stress and relax the mind and body than an aromatherapy treatment. This treatment uses a blend of aromatic oils. The synergy of essential oils will balance your state of mind and restore your spirits.

The absolute energy therapist will take a medical history and discuss a blend of oils to suit your needs.

Use this treatment as part of a 'well-being at work programme'; as a thank you to your staff; a gift for a special occasion; as one of the treatments at your pamper party or as a well deserved treat for yourself.

Rebalancing Massage - is a voyage of discovery. Awakening the senses through touch and aroma, this deeply restorative synergy reawakens the senses, focuses the mind and balances the mood. Excellent for hormonal imbalance, PMT and anxiety. A blend of Cedarwood, Clary Sage, Geranium, Palmarosa, Vetiver and Ylang Ylang.

De-Stress Massage - ideal for an evening massage, this deeply soothing blend of Rosewood, Melissa, Geranium, Rosemary and Lavender soothes and uplifts the mind, melts away tension and harmonises the body.

The 'chandra massage' - is a back, shoulder, head and scalp treatment using an energising or rebalancing oil to ease muscle tension, concentrating on tight and stressed muscles. Performed in a special chair the massage is a fusion of East meets West; combining traditional acupressure massage with a variety of massage techniques. It is an intensive powerful treatment that will relax and de-stress you, but also leaves you feeling energised and revitalised. Walking away you actually feel taller and lighter.

Sitting for hours at a desk; in a car; in a call centre or in fact any physical work can put an immense amount of pressure on the lower back and lead to long term problems. The Chandra massage treatment counters these negative effects.

On site seated Acupressure Massage - is based on a 1500 year old Japanese sequence and is designed specifically to reduce stress in the workplace. The energising 20 minute massage is received fully clothed seated in an ergonomically designed chair, using no oils or creams. It works specifically on stress points on the neck, head, shoulders, arms and back where the majority of tension and aches is manifested. The benefits of this treatment can be as profound as those derived from a 60 minute full body massage.

The intention of On-site seated Acupressure Massage is to promote a sense of well being. Tense muscles relax, blood circulation is increased and the organs of the body are tonified. It is not primarily a corrective treatment but more of a 'tune up'. Just as a car needs a regular tune up for peak performance so our bodies require periodic attention for us to feel and perform our best.

The sequence works to improve the flow of energy throughout the body and acts additionally on the muscular, nervous and circulatory systems. The practitioner eases tension and increases circulation in key muscle groups using a combination of massage, stretching and acupressure points to leave you relaxed and calm, yet energised and alert. Full of vitality and clarity of thought ready to return to work.

On-Site Massage can be given in any room, in the office or literally anywhere at all.

It is perfect for the working environment.

Therapists

The driving force behind the success of 'The pamper party' is in the quality of the practitioners who provide the service to your guests.

The team of practitioners reflects the highest possible standards of training and professionalism. They have a vast amount of experience in this field and all have the appropriate professional qualifications. They are all fully insured.

When making a booking with absolute energy for your pamper party you can expect the following:

A team of caring and highly skilled professionals with up to date training and continual professional development.

Therapists that are punctual polite and presentable with a good corporate image.

Therapists that are highly experienced and fully insured.

When choosing to hire absolute energy you can have peace of mind that you will be working with the best practitioners that the market has to offer.