

# Treatment Sessions

All treatment sessions with Susan Gail Burgess are tailor-made to each client and can incorporate one, or all, of the therapies that Susan practices: -

Massage : Reflexology : Manual Lymph Drainage : Hot & Cold Stones

## EXAMPLE

A 90min treatment session for a client after knee surgery may be able to receive: -

- 30min manual lymph drainage (affected leg)  
to reduce inflammation, improve repair process, reduce pain and increase range of motion
- 30min remedial massage (un-affected leg)  
to maintain blood flow, joint mobility and reduce compensation patterns that may occur in the muscles as the leg supports the body during the recovery process.
- 30min reflexology  
stimulation of the meridian lines through the legs can help restore general body balance. Reflexology can also improve tissues around the joints and the arches of the feet.
- during the session the client can lie on warm stones to encourage relaxation & rebalancing; cold stones can be used to improve lymph drainage.

## PLEASE NOTE: -

ALL treatment plans are subject to any contraindications that the client's medical history may present

Hot stones can only be guaranteed within a 60min, or longer, session.

## Prices

30min treatment session	DK 250
60min treatment session	DK 500
90min treatment session	DK 750

## Remedial (medical/sports) Massage Therapy

incorporates a wide range of manual therapy, and assessment skills, in order to provide the best massage treatment for each individual. A variety of techniques that release, and lengthen, the soft tissues within the body, can be used within a treatment to relieve problem areas, reduce tension, stress & pain, as well as, improve performance, posture and mobility.

## Manual Lymph Drainage (MLD) Dr. Vodder method

is a specialised technique to stimulate uptake of excess fluid that has collected between the individual cells of the body; therefore, increasing removal rate of body metabolic wastes and improving the fluid flow through the lymphatic vessels. This therapy helps to boost the immune system as the fluid passes through lymph nodes and promotes repair rate of damaged body tissues such as the skin.

Additional benefits of Manual Lymph Drainage include management of pain, sleep and stress due to the light, rhythmic movements associated with the Vodder method; further benefits include reduction of possible occurrence of secondary complications produce from prolonged stress response, pain, and inflammation.

## Reflexology (Zoneterapi)

is a holistic treatment that is based on the premise that reflex points on the feet, hands and ears represent the organs, limbs, muscles and glands of the body. The practice and history of Reflexology can be related to similar theories used in Traditional Chinese Medicine in which it aims to bring balance within the body. Numerous practitioners, after years of study and research, conclude that reflexology can help on both physiological, and psychological, levels.

## Hot & Cold Stones

are used in Susan's treatment sessions whenever possible to provide the medical benefits associated with thermal & cryotherapy. The use of cold stones with the hot, enables the breakdown fibrotic build up within specific areas of the body's tissues without creating a large inflammatory response, which so often occurs with very deep tissue massage

