

Freedas

The Complete Feminine Beauty Zone

1. MESSAGES

There's no denying the power of bodywork. Regardless of the adjectives we assign to it (pampering, rejuvenating, therapeutic) or the reasons we seek it out (a luxurious treat, stress relief, pain management), massage therapy can be a powerful ally in your healthcare regimen.

While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage can, without a doubt, help manage stress.

This translates into:

- Decreased anxiety.
- Enhanced sleep quality.
- Greater energy.
- Improved concentration.
- Increased circulation.
- Reduced fatigue.

1. DEEP TISSUE MASSAGE Deep tissue massage is designed to relieve pain and muscle tension throughout the body. This type of massage is extremely beneficial because it reaches the deepest layer of muscles	HK\$300.00
2. LYMPHATIC BODY MASSAGE The massage uses very light pressure and long, gentle, rhythmic strokes to increase the flow of lymph and reduce toxins in your Body.	HK\$280.00
3. AROMA THERAPY MASSAGE Aromatherapy massage uses the restorative properties of essential oils to relax and heal your body and mind.	HK\$320.00
4. FOOT MASSAGE (20 MINS)	HK\$ 90.00
5. ARM (OR) SHOULDER MASSAGE (20 MINS)	HK\$ 90.00
6. HEAD MASSAGE (20 MINS)	HK\$ 90.00

