

massage + craniosacral therapy

with sandra gillespie



Each of Sandra's treatments is tailor-made to meet your specific needs for well-being and health. She incorporates a range of bodywork approaches, swedish, deep tissue, remedial, acupressure, aromatherapy and craniosacral, in a therapeutic, integrated and mindful manner.

Sessions are 60, 90, or 120 minutes in length.

Benefits:

- calms nervous system
- alleviates physical, emotional, and mental stress
- reduces muscular pain
- mind-body balancing

- *"A stress-relief specialist with healing hands"*
- *"There's a strength and sensitivity . . . that works in perfect balance"*
- *"I feel more me after a session with Sandra"*

Sandra Gillespie has been practising as a massage therapist (New Mexico Academy of Healing Arts) since 1998 and as a craniosacral practitioner (Upledger Institute) since 1999. Her research interests include psychophysiology, somatic re-patterning, and neuroplasticity. She has enjoyed working at well-known clinics and spas in the UK, US and Canada and at beautiful yoga retreats in India, Sri Lanka, Italy and Costa Rica. Sandra's stress-relief focused practice is now based in London and Paris.

price: 60 minutes | £75
90 minutes | £110
120 minutes | £150

availability: Thursdays 5-8pm, every second Saturday 130-430pm and by appointment

to make an appointment: e: gillespie_sandra@hotmail.com
t: 07961996875



treatments 