



Restore Wellbeing



Helping your body return to balance

Restore Wellbeing bring moments of calm into busy office environments.

We are Lyndsey and Jen, and through on-site massage and reflexology we help people step away from constant demands and reconnect with themselves.

Our sessions offer a quiet space to breathe, release physical tension, and calm the nervous system - so people return to work feeling clearer, more settled, and supported.

Treatment List

Hand Reflexology - 20 mins

Restorative Back, neck, shoulder massage - 25 mins

Tailored Reflexology (Feet) - 20 mins

Indian Head Massage - 25 mins

On-site massage (with accupressure) - 20 mins

All Treatments - £30

Please contact us for a group price

What's Included:

Fully clothed treatment for hands, feet and on-site massages

Professional massage stool, chair and couch provided Ideal for stress relief, posture support and wellbeing

Mobile, Office & Home appointments available

To book - message, email or call

07739 730037

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www.restorewellbeing.space