



# Treatments Menu



CHARNOCK FARM  
ORGANIC WELLNESS  
[cforganicwellness.com](http://cforganicwellness.com)

All treatments are:

30 Min £40

£80/hour

£110 for 1.5 hours

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|---|---|--|
| 1 | CHI NEI TSANG (CNT)<br>1.5h                                 | Chi Nei Tsang, an ancient Taoist abdominal massage, releases physical and emotional tension stored in organs, particularly the gut (the "second brain"). By improving circulation and organ function, it aids digestion and alleviates issues like bloating and poor posture. Emotionally, CNT fosters calm and balances the nervous system by releasing negative feelings.  |
| 2 | FULL BODY OIL MASSAGE 1h to 1.5 h                           | Unwind with a full body oil massage where skilled hands and forearms work harmoniously to melt away long-held muscular tension. Tailor your experience by selecting target areas and desired pressure, choosing between a deeply soothing massage that calms both body and mind, or a focused deep tissue treatment that penetrates the deeper layers of muscle, fascia, and tendons. This treatment allows time to address stubborn areas and restore physical balance, going further and deeper where it's needed most. It helps support the natural detoxification to leave you feeling lighter, looser and deeply relaxed. |
| 3 | AYURVEDIC YOGA MASSAGE (AYM) 1.5h                           | Dynamic therapy combining deep tissue work with assisted yoga and breath. Feet apply deep pressure, releasing knots. Performed on a mat with oils and Calamus powder for exfoliation and circulation, promoting relaxation and well-being.   |
| 4 | THAI MASSAGE 1.5h   | Blends acupressure, assisted stretches, and energy line work for balance. Performed clothed on a mat using hands, elbows, knees. Promotes flexibility, eases tension, enhances energy flow and inner peace.  |
| 5 | SHIATSU MASSAGE 1h or 1.5h                                  | Clothed massage on a futon using gentle pressure on energy meridians. Realigns and balances body energy, promoting deep relaxation. Helps restore health, increase mobility, reduce pain, and create ease.   |
| 6 | SOTAI MASSAGE 30 Min OR IN COMBINATION WITH SHIATSU MASSAGE | A method of neuromuscular re-education that can unwind muscular holding patterns. It balances the nervous and musculoskeletal systems via incorporating breathing techniques with gentle movements and resistance. We can do this for the oil sports massages please   |
| 7 | G5 LYMPHATIC DRAINAGE MASSAGE 30 min and 60 min             | This is an excellent therapy to compliment and excellerate your detoxification pathways and move any stagnant lymph within the tissue. It's also very relaxing and helps release deep rooted tension around the pelvis, hips and lower back areas. You can have a combination of sports/remedial and G5.   |