

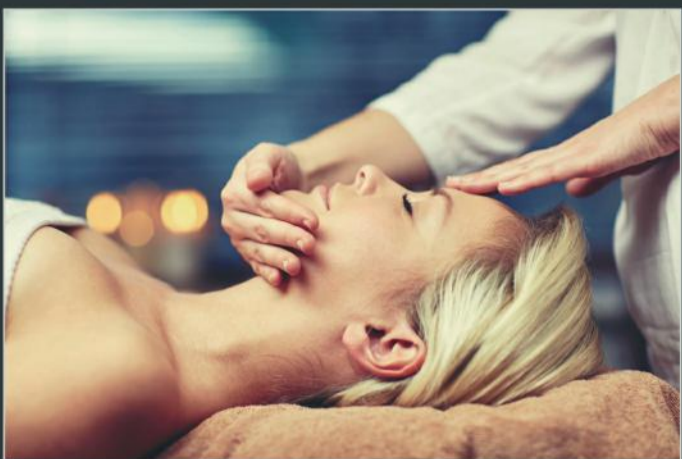
# About Us

# Urban Escape

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Don't you think you deserve to escape? time to relax? time out for yourself? When you relax, you give yourself permission to let go of worries for a while. Relaxing gives your mind and body time to recover from the stresses of everyday life.

We all work hard. Too much work causes stress. All that stress stores itself deep in your muscles. It keeps you from being as happy, focused, and productive as you can be. At Urban Escape we specialise in helping you to maintain your wellbeing. When you're relaxed and feeling good you improve your overall wellbeing in body and mind. At Urban Escape our calling is to relieve you of your stress and tension, so you can be the best "you" possible.

Our certified massage therapist with 20 years of experience covers the Herefordshire & Worcestershire areas. Urban Escape offers you indulgent organic tailor-made treatments brought to you in the comfort of your surroundings either at home or whilst staying here on holiday.

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FHT  
Federation  
of Holistic  
Therapists



professional  
standards  
authority  
accredited register



Wellbeing through massage and body therapy bringing the spa to you in the comfort of your own surroundings.

Let us envelop you in calm serenity and absolute relaxation without having to leave the comfort of your surroundings. Feel aches and pains dissolve under the skilled fingers of our professional fully insured and accredited therapist with 20 years of experience, whatever the occasion.

Urban Escape covers the Herefordshire & Worcestershire area offering specialist tailor made treatments using only organic products from Neal's Yard Remedies. Urban Escape is also a stockist for SHOBU aromatherapy Shower Bombs for your shower. They are designed to transport you away from the stresses of everyday life, turning your shower into a spa.

*"The whole experience was very relaxing and even better as it was in the cottage we were staying in!"*



[www.urbanescapehr7.com](http://www.urbanescapehr7.com)

## Available Treatments



Indulgent organic tailor-made treatments brought to you in the comfort of your surroundings either at home or whilst staying on holiday.

Urban Escape uses Neal's Yard Remedies made with organically grown natural ingredients, with all their beneficial antioxidants, vitamins and minerals, and without the synthetic chemicals found in other skin care that we believe could do you or the planet harm.

### Swedish Massage

This deeply relaxing full body massage is sometimes simply referred to as a relaxation massage or oil massage. It is the perfect remedy to dissolve the stresses and strains of everyday life. During a full body Swedish massage, pure massage oils are used on the body alongside a variety of massage techniques, to ease tense muscles, restore your inner calm and transport you to a place of blissful relaxation.

Relaxing both body and mind, Swedish massage encourages deeper sleep, helps to reduce anxiety, 'lifts' the emotions and invigorates the body's systems, helping you to feel more energised, restoring a sense of balance and wellbeing.

#### TREATMENTS AVAILABLE

1 Hour £40  
45 mins £30



### Back Massage

The majority of our clients come to us complaining about some kind of back discomfort, such as lower back pain, a stiff neck or aching shoulders. These common niggles often come about from bad posture and the day-to-day tasks of modern life.

We offer a 45-minute, good old back massage, aimed at tackling the general aches and pains we all get in our backs. The back massage includes a variety of techniques, to iron out the muscle tension that is often responsible for causing the pain experienced in our backs. The pressure is measured to your preference, ranging from strong to more relaxing.

#### TREATMENTS AVAILABLE

45 mins £30

### Aromatherapy Massage

Aromatherapy uses plant essential oils to create an aromatic blend for the needs of each individual client. Essential oils, which are highly aromatic, are absorbed into the skin and are believed to affect the body on all levels - physically, mentally and even emotionally/spiritually.

When combined with massage, which helps to soothe away muscular tension and improve circulation, an aromatherapy treatment can be either deeply relaxing or uplifting, depending on the oils and massage techniques used by the therapist.

One off treatments can be undertaken as a treat to enable deep relaxation or to uplift and stimulate the body and mind. Regular treatments can help to improve sleep patterns, reduce anxiety and stress, strengthen the immune system, reduce muscular aches and pains and improve digestion and circulation.

Treatments aim to treat the whole person by helping to restore the harmony of mind, body and spirit. The pure properties of the plant essential oils, together with the benefits of massage can complement other lifestyle and health choices and are NOT intended to be used in place of healthcare by an NHS professional.

#### TREATMENTS AVAILABLE

1.5 Hours £57  
1 Hour £47  
45 mins £37

### Deep Tissue Massage

This massage is aimed at helping to remove the muscle tension that builds up from the stresses and strains of everyday life.

A lot of companies advertise deep tissue massage and sports or remedial massage as the same thing. At Urban Escape we feel they are quite different. We offer a deep tissue massage, which in our eyes means a firm all over massage, with less focus on specific problems and more focus on tension relief, de-stressing and overall relaxation.

#### TREATMENTS AVAILABLE

1 Hour £40  
45 mins £30

### Facial Treatments

This is a wonderful way to treat yourself and will leave your skin feeling stronger, rejuvenated, revived and younger looking. We use Neal's Yard skin care for our facials, these products are made from natural ingredients enriched with plant extracts and pure essential oils to give your skin the optimum in nourishment to replenish and revitalise your skin.

A deeply relaxing and rejuvenating treatment for the face, head, neck and chest, this facial is very holistic and massage based throughout all three treatments. The particular massage technique performed during the facial have been developed to help sculpt and regenerate the facial muscles, giving a natural lift to facial muscles and increasing circulation to improve texture, tone and suppleness.

#### Express Facial £25

An Express facial is the perfect little treat if you are in a hurry! Taking just 30 minutes, this facial is a great little pick-me-up, your skin will be left energised, revived and bursting with radiance.

#### Luxury Facial £55

Specifically designed for your skin to target your concerns and soothes the stresses and strains from the face, neck & shoulders with massage lasting 1 hr.



### Upcoming Treatments

Urban Escape strives to offer our Clients the latest massage and wellbeing techniques.

Over the next few months we will looking to offer the following treatments:

Warm Bamboo Massage  
Lomi Lomi Massage  
Oriental Face Massage  
Chair Massage