

EDEN
O N E
X
GROUND
wellbeing

THE CLEANSING RITUAL

TO ENCOURAGE GUT HARMONY:

Ideal for those who hold stress in the tummy

90 MINUTES

TREATMENT DESCRIPTION

The gut is our second brain, much of our wellbeing depends on it. With the intention to move our system into the state of rest and digest, this upper body & abdominal focused massage treatment helps encourage our gut to connect deeply into our body. The aim is to gently stimulate the circulation of energy, lymph and fresh blood flow to the digestive organs through body brushing followed by a back & abdominal massage. The result is fresh circulation helping to bring the body's core back to homeostasis and balance. Utilising the benefits of Castor & Cardamom this warming treatment focuses on relaxing and soothing the upper body physically, while stimulating the area to aid detoxification. Massage techniques are used to release stagnated energy and emotions from the abdominal area while acupressure points on the face & feet are worked on to further promote digestion and metabolism.

WHAT ARE THE BENEFITS?

- The aim is to gently stimulate the circulation of lymph, nerve and fresh blood flow to the digestive organs through abdominal massage. The fresh circulation helps bring the body's core back to homeostasis and balance
- Acupressure points on the feet are worked on to prompt digestion and metabolism
- This warming treatment focuses on relaxing and soothing the abdomen physically, while stimulating the area to aid detoxification
- Mindful breathwork helps us tune into this powerhouse within the body to manage anxiety and stress, helping to tune in to our deeper consciousness and intuition.

