

Ancient therapy is more than hot air!

A NEW innovative massage procedure which could benefit all-round health is available now in Leighton – at only one of three outlets in the whole of the UK.

Hot Air Massage by Hayley Wheeler offers Aeroline Airjet – a treatment which has proved really popular in Croatia, but in fact it's far from new as it was probably first discovered by the Romans.

Hayley, 23, from St Andrews Street, Leighton, has opened her air massage salon above Michael Di Meo hair studio in North Street.

Air massage combines the healing powers of air, heat and massage. It is frequently compared to waterjet or hydrotherapy massage.

However, Hayley says the benefits of air massage therapy are far greater than any form of water therapy, or indeed most other mas-

■ by Sarah Holmes

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sage therapies we already know about.

The idea was taken from ancient Rome where the Romans were using hot, pressurised air for treating sore muscles and deep relaxation.

Full-body air massage therapy is only 25 minutes long, costs £30 a session and is administered using a giant vacuum cleaning type hose.

There is no contact between the client and the therapist – no touch, and no product application to the skin, only warm air.

It is believed that hot air massage can work with body contouring and weight loss. As the hot air massage increases lymph drainage and blood circulation, it will help to flush out the waste and toxins from the body. The combination of heat and pressure is very effective on muscles and internal organs. It helps with digestion by relaxing the muscles of the abdomen and intestines which will speed up the metabolism and aid weight loss.

Hayley said: "The hot air massage improves skin's orange peel look by firming and toning the skin and muscle mass. As the hot air massage is very creative and performed according to the client's needs and concerns, it is easier to contour stubborn places like hips, stomach, inner thighs, upper arms and knees. Results can be measured in inches and the first great result

the client should see is after the fourth treatment."

The qualified beauty therapist explained: "The massage isn't just good for the body but the mind as well, as warm air helps relieve tension and stress.

"By relaxing both body and mind it can ease chronic fatigue and promote a greater overall sense of well-being."

It also claims to increase blood-flow and aid circulation, giving the circulatory system a boost.

This results in the removal of the build-up of lactic acid which is the root cause of sore muscles. Also, more nutrients and oxygen are circulated to the skin and many clients claim that regular treatment has made them feel and look younger.

Good news for arthritis, rheumatism and osteoporosis sufferers is that it can also relieve symptoms.

Hayley said: "It's great for overall fitness as it acts as passive gymnastics and can leave the client more energetic and invigorated. Air therapy is a real treat if a client feels particularly run down or fatigued.

"It soothes aches and pains and is particularly good for pain in the back, neck and shoulders caused by tension or bad posture. It can also boost the body's natural defences, for example the immune system.

"In physical therapy it is used in treating paralysed patients because it helps strengthen weakened muscles and energise deadened nerves as it improves the functioning of

Sarah's verdict

I HAVE osteoarthritis in my knees, elbows and fingers so I should be the perfect client for Hayley to test out the hot air treatment on. The recent cold weather has played havoc with my joints so Hayley gave my fingers and elbows a 10-minute blast with the hot air. Initially, it was very warming and strangely relaxing and I could imagine the benefits, but I think I'd need the full 25-minute gale to be able to make any judgement. ■



WIND POWER: Hayley Wheeler's salon in North Street is one of only three in the UK offering Aeroline Airjet therapy treatment

the neuromuscular system."

Hot Air Massage is accredited by the British Association of Beauty Therapy and Cosmetology.

Hayley is also offering Swedish massage, eye treatments, spray tans and manicure and pedicure proce-

dures.

She is holding an open evening on Friday, to demonstrate how the hot air machine works.

Email her at hayley@hotairmassage.com to find out more or phone her on 07595 673315.