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Therapy ROOM

There has been a silent revolution going on in Massage treatment rooms across the UK...

No Hands Massage

by Yvette Ellam

A new approach, called NO HANDS® massage is spreading everywhere. So what's so special about it? This new massage allows the therapist to work deeper and more effectively than is possible with conventional massage. The principles of NO HANDS Massage ensure that the therapist works on a profound level allowing the client to release physical, emotional & mental tension; enabling the client to rebalance and transform their life. Each massage stroke is designed to ensure that there is zero strain for the therapist with none of the discomfort from painful and intrusive techniques for the client that can sometimes happen with more conventional 'deep' massage. NO HANDS is based on simple touch, just good old touch ... For this reason it has been called "the Gentle Giant of Massage".

NO HANDS massage was developed by UK massage therapist, Gerry Pyves. For the first three years of his career as a Massage therapist, Gerry happily massaged away all day, every day in his West Hampstead Massage clinic. He had been well trained in conventional

Massage and had built up a faithful clientele. Then, one morning, disaster struck...

He experienced a sharp and disabling pain in his right wrist during breakfast. Then his left wrist gave way with exactly the same pain just ten minutes into his first treatment of the day - as he attempted to work without his right hand!

He simply could not massage without excruciating pain. In despair, he accidentally slumped onto his client's back and was surprised to find that his client was murmuring with pleasure at the deep work! Luckily, he had landed on his client's back with the soft fleshy parts of his forearms

That was the birth of NO HANDS Massage - probably the biggest revolution to hit the Massage profession in over 2,000 years. Over the next twenty years, Gerry Pyves worked away in his clinic exploring new and different ways of working.

ON THE COUCH

A trip to your NO HANDS therapist will usually be for a one hour treatment,

however many therapists also offer 30 minute treatments. The therapist will take a case history from you, and work with you to ensure that you receive the treatment you require. There are different levels of NO HANDS Massage, depending on how far into the training your therapist has gone. All have been personally trained by Gerry Pyves and his team of international trainers.

A variety of treatments are available to you for working different areas of your body; each having their own benefits for releasing.

The NO HANDS Back massage is one of the most powerful ways to undo knots and release tension in your spine, hips and neck. Work in this area means that you can free up your back and also your whole energy. Working the feet with the deep massage of the NO HANDS Foot treatment can empower your whole body, as your foot reflects your whole body. The NO HANDS head massage is a surprisingly powerful treatment which involves working deeply but gently on your whole head, neck, face and shoulders. The NO HANDS full body

massage combines all of the above into one powerful flowing massage treatment.

Advanced NO HANDS therapists offer a naturopathic treatment of your colon which allows the muscles of your major elimination organ to regain health naturally and gently. They also offer a NO HANDS structural release treatment, which can free up your spine, neck and hips allowing them to function as they were always meant to; enabling nerve, lymph and blood supply to be increased to all of your organs. All of this deep work is done gently without any pain or discomfort.

There is even a NO HANDS chair massage treatment which is an amazing way to get a massage, whilst remaining fully clothed. This is a very portable chair and is easily carried anywhere enabling a therapist to visit you at home or in the workplace. In addition to all the above, you can also ask for a NO HANDS De-tox treatment when it is time for you to give yourself a bit of a clean out and a NO HANDS transformational treatment. This last is only taught to NO HANDS therapists that train regularly with Gerry on his unique Mastery programme and is a superb way to support the changes you want to make in your life e.g. losing weight or giving up an addiction or achieving those elusive goals. The therapist will teach you how to use the power of your mind during this massage to make the changes you want in your life.

THE RESULTS

A NO HANDS therapist works with you towards a specific outcome for each treatment, with the intention that you will leave the treatment room with this outcome achieved. Having been a massage therapist for over seven years NO HANDS is now the treatment I use to get results, time after time after time...

As a NO HANDS therapist I have felt and seen some incredible changes in people from just one or two treatments. However, the cumulative effects of NO HANDS massage speak volumes over and above any other therapies I have either given or received. It works because we literally accumulate touch. Powerful touch. There are libraries of research documenting the power of touch to heal disease and illness as well as preventing innumerable conditions from developing in the first place.

Unique to NO HANDS is the customer care: every client who sees a NO HANDS therapist is invited to fill in a confidential feedback form. This means that there are now thousands of success stories across the UK which document clients releasing pain, stress and tension; some of which they have been carrying for months or even years.

Here are a few quotes from people who have sent in feedback forms (the reference at the end of each quote means that each form can be located and verified):

"I take regular exercise and since receiving my NO HANDS treatment I am more flexible as it eases any muscular aches and pains. My back pain is practically non-existent since receiving regular treatment" (RDMP08)

"I receive NO HANDS on my neck, shoulders and back, primarily to relieve tension and strain from violin playing. I feel balanced, relaxed, with a sense of wellbeing after each session. I have noticed progressive relief in neck and shoulder stiffness." (JCAMB06)

"Fantastic experience! The most relaxing massage I have ever had. Very different experience, will definitely be back!" (MSTL07)

"I was slightly apprehensive about having this massage, however in my opinion it is much better than the more conventional massage I would usually have. I had a back massage and after the treatment I felt much lighter, more positive and I felt as if my posture had improved. I will definitely have another." (JAEC07)

THE CLINIC

With the Unique NO HANDS brand you are guaranteed the security of knowing that each therapist has been trained by Gerry Pyves himself. When looking for a NO HANDS Therapist near you please visit the website www.nohandsmassage.com, or call 01422 843777

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