



HEALTH TOUCH

Hidden Health Gem Unveiled: Health Touch Holistic Massage & Healing Therapies by Deirdre Gough

Discover the celestial realm and practical wisdom of natural health where massage and healing is taken seriously to improve your overall well-being at Health Touch, the independent practice in Putney, London.

Health Touch was founded by esteemed practitioner Deirdre Gough, who combines her impressive and diverse skill-set of 40 years in the health and well-being industry. Therapies include many forms of massage therapy, aromatherapy, shamanic and healing techniques with specialist training in body psychotherapy to fine tune your mind, body and soul.

Deirdre Gough offers a superior, unique and personalised experience for each individual who visits Health Touch. The following techniques are either performed separately or blended to create a customised offering for your emotional, spiritual and physical needs:

Oceanic Massage – Exclusive Health Touch Signature Therapy

Prepare to be gently swept by long, continuous, flowing strokes that feel like ocean waves and allow you to 'simply be'. The rhythmic use of forearms and hands is like a dance, while simultaneous massaging of two areas of your body (foot and leg, or hip and shoulder) allows you to drift off... The use of under-body and full-body strokes – rocking movements combined with moments of stillness – frees your energy, creating a deep sense of balance and harmony. Deeper, fluid forearm pressure, gentle stretches and joint rotations work gracefully to seek out tension in painful muscles and target injuries. Allow yourself to drift into timelessness while your body is restored, your mind floats in a sea of calmness and your soul touches bliss.

Deep Tissue, Remedial and Sports Massage

This form of massage is perfect for sports people, musician and dancers. It is also ideal for anyone who sits at a computer for hours, or someone running a household and looking after children all day long. It addresses specific injury, preparation for an event, stress and exhaustion, as well as chronic pain. This type of deeper massage frees up muscles and ligaments, stimulates digestion and can increase athletic prowess, reduce stress or help heal a strain, back pain or injury. Anyone, at any age, with an active lifestyle can benefit from regular deep tissue, remedial and sports massage.

Tachyon Cocoon

This system encourages your natural energy flow to move in a specific manner, creating a three-dimensional cocoon of integrating energy for the physical, mental, emotional and spiritual elements. It does this by encouraging and merging the chakra system of energy centres back into harmony, which creates an experience of calm relaxation and clarity. It can be used at any time to reduce stress, deepen meditation, boost mental clarity, or rejuvenate the entire being.

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Taoist Breathing Techniques

The way we breathe influences our lives and can enhance our overall health. Internal organs like the heart and lungs function more effectively and emotions are rebalanced, while stress and negativity are transformed into energy that we can use for self-healing and self development.

No Hands Massage®

This unique, potent and effective approach to healing touch utilises the rhythmic use of the therapist's forearms and upper arms to create some of the deepest yet most sensitive bodywork available. The gentle rocking rhythm of this technique is hypnotic and deeply relaxing. Feel your body regain its natural fluidity and energy with this technique.

Violet Fire

The Violet Fire is seventh ray energy, transmuting negativity and restoring harmony and equilibrium. It draws out the transformation of the mind and the soul, opening both to the spiritual dimension of being. Violet is the colour of meditation and devotion; it dissolves blockages and can illuminate the path towards an experience of cosmic unity.

Techniques and therapies also available at Health Touch:

Aromatherapy Massage, Reflexology, G5 Massage, Psychotherapy and Counselling, Reichian Bodywork and N.L.P. Shamanic Healing and Journeys, Tantric Meditations and Tachyon Healing

‘You may have a frozen shoulder, feel deeply exhausted or distressed, be preparing for a sports event, or just need to relax after a stressful day at the office. Just as an artist would choose and mix the right colours from an extensive palette, I carefully select the therapy that will suit your specific needs or blend the perfect combination of therapies to create a wholly unique experience for you.’ says Deirdre Gough, renowned practitioner and founder of Health Touch.

Guests at Health Touch are greeted into a warm and peaceful environment which exudes a positive aura. The delicate scent of incense sticks evokes the senses, while lit candles and Hindu avatars on display further conjure up the spirit and serenity of a sacred temple.

A natural, organic massage gel is used during each therapy to leave your skin feeling soft, smooth and keeps clothes stain-free. The comfortable orthopaedic massage couch (ideal for pregnant women and those with implants or larger breasts) and a soft heated blanket further ensure a deeply relaxing, sensual sensation during treatments. Purified water is offered to all guests for total well-being throughout the entire Health Touch experience.

For more information on Deirdre Gough and Health Touch, please visit www.healthtouch1.co.uk or call Health Touch on 020 8392 2737, or email Deirdre@healthtouch1.co.uk.

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For further information, images, or to enjoy a complimentary treatment, please contact
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Notes to Editors:

Health Touch was founded by Deirdre Gough in 1983 with a vision to provide holistic massage therapy and techniques combined with psychotherapy and counselling, plus healing and Shamanic work.

Health Touch is based at 1 Gibbon Walk, Putney London SW15 5EE

A biography on Deirdre Gough and her work on Shamanism is also available.

NB: 24 hours notice is advised to avoid cancellation charges