

The Edinburgh Reporter Advent Calendar – Pamper packages from KnotStressed Therapies

Looking for a unique and personal gift for a friend this Christmas?

This year, [KnotStressed](#) are delighted to be offering a selection of Fantastic Pamper Packages at Unbeatable Value in their Christmas Shop, or you can treat a friend or loved one to one of their Gorgeous Fairtrade Organic Cotton Gift Bags full of goodies at an Amazing Price!

And last but by no means least, make your money go further by Saving £5 on all Massage Gift Vouchers!

The [KnotStressed](#) team say:-“We hope you find the perfect present for your friends and loved ones and wish you a Very Happy Festive Season! Love from Frances and Onie, KnotStressed Therapies”







KnotStressed specialise in supporting pregnant women, their partners and families through pregnancy, childbirth and the postnatal period, but they can also help you if you are not pregnant! They can provide all their therapies, workshops and courses in the workplace, in schools, at community centres, at your home and at events. "Our aim is to be as flexible as possible, so please do contact us for more information and to see if we can help offer you what you are interested in."

Here are some of the treatments and packages KnotStressed have to offer you or someone you care about:-

Blissful Top-to-Toe Pamper Package – Save £5!

Treat an expecting loved one to this blissfully de-stressing gift! A profoundly relaxing 40-Minute Indian Head Massage (includes scalp, back, neck, shoulders and face) followed by a fabulous 20-minute Foot Massage. £35

Rejuvenating Ayurvedic Beauty Bliss Facial – Save £8!

Treat a friend or loved one to 75-minutes of revitalising Eastern-style Natural Face Lift Facial involving hot herbal oil and face mask to promote radiant, healthy skin.

A truly anti-aging and invigorating gift! £40

Mind Relax and Muscle Relief Pamper Package – Save £5!

Treat an 'expecting' loved-one to a 90-minute nurturing Deep Tissue Back, Neck and Shoulders and Indian Head Massage.

Just the gift for stiff shoulders, sore necks, achy backs and tired minds. An effective back, neck and shoulders 75 minute **Deep Tissue Massage** combined with a 15 minute **Indian Head Massage** for relaxation. £50

Ayurvedic Detoxifying Pamper Package – Save £10!

Treat a friend or loved one to this profoundly relaxing Eastern-style massage treatment involving hot herbal oil and specialist techniques.

A truly restorative gift. Three wonderfully detoxifying treatments in one: experience a blissful 2-hour **Ayurvedic Back, Abdominal and Foot Massage Treatment**. £60

Ayurvedic Re-Balancing Pamper

Package – Save £10!

Treat a friend or loved one to this fabulous Eastern-style massage treatment involving hot herbal oil and specialist techniques.

A truly indulgent gift! Three wonderful treatments in one: experience a blissful 2-hour **Ayurvedic Facial, Hand and Foot treatment.** £60

Ultimate Relaxation 2.5-hour Slavic Massage Gift Voucher – Save £10!

Treat a friend or loved one to this profoundly relaxing full body massage treatment. Involves hot oil drizzled over the skin and rhythmical, flowing massage techniques to induce a deeply sedative state. 2.5 hours of bliss: the ultimate in relaxation massage! £75

Indulgent 90-Minute Massage Gift Bag – Save £10!

A Gift Voucher for an indulgent **90-Minute Massage Treatment** and their most popular Relaxing Music CD (Philip Glass Solo Piano).. all wrapped in a beautiful, fairtrade, organic cotton reusable gift bag. Stylish [KnotStressed](#) gift card included.

*please note contents vary from photo. The oils pictured in the photo will be replaced with a 90-Minute Massage Gift Voucher.

Baby Massage/Signing Course Activity Gift Bag – Save £15!

A £50 Gift Voucher for a Baby Massage/Baby Shiatsu/Baby

Signing Course, a gorgeous vintage Nursery Rhyme book, a colourful JellyCat toy and a [KnotStressed](#) babygrow... all wrapped in a beautiful, fairtrade, organic cotton reusable gift bag. Stylish KnotStressed gift card included.

*Please note contents vary from photo. The Infant Massage Book and Massage Oil pictured will be replaced with a £50 Gift Voucher and the JellyCat toy may not be exactly the same as the one pictured.

KnotStressed are also giving away £5 on every £20, £30 or £40 Gift Voucher bought before Christmas (only one gift voucher can be redeemed at a time). You can see details [here](#).

Follow them on [Twitter](#)

You can phone **Onie** on: 07717 783 230 or **Frances** on: 07738 090 396

Or you can [email them](#) but whatever you do – get in touch!





