



# HEALTH TOUCH

## Oceanic Massage - Healing Bliss by Deirdre Gough at Health Touch

Oceanic Massage is an exclusive signature therapy performed by Deirdre Gough at Health Touch.

This unique, customised approach to massage is a synthesis of what Deirdre Gough has learned from more than 35 years of performing and teaching massage, energy work, meditation and yoga.

Whether you have a bad back, or are totally exhausted, this healing massage will help to rejuvenate and heal you. Oceanic Massage combines massage techniques such as Lomi Lomi, No Hands massage, Traeger, Sports Massage and Trigger point therapy with energy work such as Cranio-sacral work, Touch for Health, Energy balancing, Violet fire and Tachyon therapy. The use of Taoist breathing enhances the benefits of this work.

Prepare to be gently swept by long, continuous, flowing strokes, which work sensitively yet deeply into the muscles allowing you to relax, give in and simply 'be'. The rhythmic use of forearms and hands is like a dance, while the simultaneous massaging of the two areas of your body (foot and leg or hip and shoulder) frequently results in your brain being unable to follow what is going on, thus giving it no other option but to let go and drift off.

The use of the under-body and full-body strokes - rocking movements combined with moments of stillness - frees your energy, creating a deep sense of balance and harmony that positively affects your mind, body and soul. The deeper, fluid forearm pressure, gentle stretches and joint rotations seek out tension in painful muscles and work gracefully and effectively on injuries. Allow yourself to drift into timelessness while your body is restored, your mind floats in a sea of calmness and your soul touches pure bliss.

Each session lasts 1 hour 30 minutes.

For more information on Deirdre Gough and Health Touch, please visit [www.healthtouch1.co.uk](http://www.healthtouch1.co.uk) or call Health Touch on 020 8392 2737, or email [Deirdre@healthtouch1.co.uk](mailto:Deirdre@healthtouch1.co.uk).

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For further information, images, or to experience a complimentary Oceanic Massage session, please contact  
PR Consultant Reena Patel: E: [reena.patel@live.co.uk](mailto:reena.patel@live.co.uk) T: 07956 181 688

### 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 at Health Touch and on Shamanism is also available.

NB: 24 hours notice is advised to avoid cancellation charges.