



Hazel Miles

Massage Therapist and Reflexologist

Hazel joined the Club in 2007 to offer Reflexology and massage treatments.

Her Reflexology treatments can help alleviate health issues and promote relaxation by working on reflex points in the feet which correspond to the rest of the body. This helps the members to relax, de-stress and feel balanced, enabling the body to heal itself.

Hazel offers a variety of massage treatments including Deep Tissue, Swedish, Indian Head Massage and Pregnancy Massage.

These treatments help to revive tired aching muscles and help you to feel a sense of well-being.