The Revival Pod

MASSAGE • ACUPUNCTURE • CUPPING

Your Sanctuary of Healing

THE TREATMENT MENU

MASSAGE · HIJAMA · REFLEXOLOGY

SCAN TO EXPLORE EVERY TREATMENT

187C GREEN LANE ROAD · LEICESTER LE5 4PD

THE REVIVAL POD

WELCOME

The Menu

Personalised treatments from a certified team of professionals, each preceded by a consultation and followed by thoughtful aftercare. Every session is tailored to you, for men and women of all ages and backgrounds.

I · SIGNATURE RITUALS

Relaxation Massage	60 min	£50
Ritual Spa Treatment, Full Body	90 min	£80
Bio-Energetic Massage	60 min	£70

II · THERAPEUTIC MASSAGE

Deep Tissue Massage	50 min	£60
Sports Massage	50 min	£60
Sciatica Relief Massage	50 min	£60
Targeted Pain and Muscle Tension	30 / 60 min	£40 / £60

III · MOTHER AND BABY

Pregnancy Massage	60 min	£60
Postnatal Massage	50 min	£50

IV · RESTORATIVE THERAPIES

Lymphatic Drainage Massage	60 min	£50
Reflexology	30 min	£40
Indian Head Massage with Hot Oil	30 min	£40

V · HIJAMA

Hijama, Wet and Dry Cupping	60 min	£50
Full Body Massage with Hijama	90 min	£80

All treatments are available at The Revival Pod, 187C Green Lane Road, Leicester. Please book by phone or WhatsApp on +44 7835 484747.



I

Signature Rituals

Unhurried, personalised treatments to quiet the mind and release the body

Relaxation Massage	60 min	£50
Ritual Spa Treatment	90 min	£80
Bio-Energetic Massage	60 min	£70

Relaxation Massage

£50
60 MINUTES

Enjoy a relaxing, personalised massage designed to help ease muscle tension, relieve everyday stress and promote a sense of calm and wellbeing.

Your treatment may include warm massage oils, hot towels and hot stones to enhance your relaxation experience.

Every treatment is tailored to your individual needs and preferences. Please discuss your treatment plan with your therapist at the time of your appointment so we can focus on the areas and techniques most suitable for you.

Ritual Spa Treatment

£80
90 MINUTES · FULL BODY

Experience a luxurious full-body spa treatment designed to help you relax, unwind and enjoy dedicated time for self-care. This personalised ritual combines soothing massage techniques and a relaxing spa experience to leave you feeling refreshed and nurtured.

BENEFITS

- **Deep relaxation** Helps you unwind and ease everyday stress.
- **Improved sense of wellbeing** Enjoy a calming experience focused on your comfort.
- **Personalised care** The treatment can be adapted to your preferences and areas of concern.
- **Muscle tension relief** Massage may help soothe tight, tired muscles.
- **Full-body pampering** Provides a dedicated session to relax and recharge.

TREATMENT DETAILS

Your session begins with a consultation to discuss your preferences, needs and any areas of tension. Your therapist will then guide you through a personalised full-body ritual, using suitable massage techniques and spa elements selected for your treatment.

Please discuss your treatment plan with your therapist at the time of your appointment so the experience can be tailored to your individual needs.

> **BEFORE YOUR VISIT**
> Please inform your therapist of any allergies, skin sensitivities, injuries or relevant medical conditions before treatment. The specific treatments included will be confirmed during your consultation.

Bio-Energetic Massage

£70
60 MINUTES

Experience a personalised Bio-Energetic Massage at The Revival Pod, designed to encourage relaxation, ease muscle tension and promote a sense of balance between body and mind.

This treatment combines mindful, tailored massage techniques to help you unwind, release everyday physical tension and reconnect with your overall sense of wellbeing. Your session is adapted to your comfort, individual needs and treatment goals.

POTENTIAL BENEFITS

- **Deep relaxation** Helps calm the body and mind, supporting a feeling of tranquillity.
- **Stress management** Provides dedicated time to unwind and relax from daily pressures.
- **Improved sense of wellbeing** May leave you feeling refreshed, relaxed and more comfortable.
- **Muscle tension relief** May help ease tight, tired muscles and everyday muscular discomfort.
- **Body awareness** Encourages you to become more aware of areas where you hold tension.
- **Personalised care** Techniques and pressure are adjusted to your individual preferences and comfort.

YOUR TREATMENT EXPERIENCE

Your 60-minute session begins with a brief consultation to discuss your needs, areas of tension, health history and treatment preferences.

Your therapist will then tailor the massage to provide a calm, supportive and comfortable experience, focusing on relaxation and areas that may benefit from gentle, targeted attention.

IMPORTANT INFORMATION

Please inform your therapist about any medical conditions, recent injuries, allergies or other concerns before your session. Massage may not be suitable for everyone, and techniques will be adapted where necessary.

Bio-energetic massage is a complementary wellbeing treatment. Benefits vary between individuals, and it does not replace medical assessment or treatment. Claims relating to energy balancing or the treatment of medical conditions are not established medical outcomes.



II

Therapeutic Massage

Focused, skilled work for tension, stiffness and recovery

Deep Tissue Massage	50 min	£60
Sports Massage	50 min	£60
Sciatica Relief Massage	50 min	£60
Targeted Pain and Muscle Tension	30 / 60 min	£40 / £60

Deep Tissue Massage

£60
50 MINUTES

A firm, targeted massage designed to help relieve deep-seated muscle tension, tightness and stiffness. This treatment focuses on specific areas of discomfort using deeper pressure and specialised techniques to help improve mobility and promote relaxation.

Your treatment is personalised to your needs, focusing on areas such as the back, neck, shoulders or other areas of muscular tension.

Please discuss your concerns, preferred pressure and treatment plan with your therapist at the time of your appointment to ensure the session is tailored to your individual needs.

Sports Massage

£60
50 MINUTES

A targeted massage designed to help relieve muscle tightness, reduce tension and support recovery after physical activity. Sports massage uses a range of techniques tailored to your needs, whether you exercise regularly, participate in sports or experience muscular discomfort from everyday activities.

The treatment can focus on specific areas such as the back, neck, shoulders, legs or other muscle groups, helping to improve flexibility and support mobility.

Please discuss your goals, areas of concern and preferred pressure with your therapist at the time of your appointment so your treatment plan can be tailored to your individual needs.

Sciatica Relief Massage

£60
50 MINUTES

Experience a personalised massage session designed to help ease muscle tension and discomfort associated with sciatica. This treatment combines targeted massage techniques, warm oil, gentle stretching and cupping where appropriate, tailored to your individual needs and comfort.

POTENTIAL BENEFITS

- **Muscle tension relief** Massage may help ease tightness in the lower back, hips and surrounding muscles.
- **Relaxation** Warm oil massage can promote relaxation and help soothe tired muscles.
- **Personalised care** The session is adapted to your symptoms, comfort level and treatment goals.
- **Improved mobility** Gentle, suitable stretching may help support comfortable movement and flexibility.
- **Targeted treatment** Techniques focus on areas of muscular tension that may contribute to discomfort around the lower back and buttocks.

TREATMENT DETAILS

Your therapist will begin with a consultation to discuss your symptoms, pain location, medical history and any previous diagnosis. The session may include:

YOUR SESSION MAY INCLUDE

- **Targeted massage** Carefully selected techniques for the lower back, hips, buttocks and surrounding muscles.
- **Gentle stretching** Suitable movements adapted to your flexibility and symptoms.
- **Warm oil massage** To support a comfortable, relaxing massage experience.
- **Cupping therapy** May be considered where appropriate following a suitability assessment.

All techniques will be adapted to your comfort. Cupping and stretching will only be used where suitable and may be omitted if they could aggravate your symptoms.

IMPORTANT SAFETY INFORMATION

Sciatica can have different causes, including irritation or compression of a nerve. Massage may help relieve associated muscle tension, but it does not correct every underlying cause.

Please inform your therapist of any diagnosis, medication, recent injury or worsening symptoms before treatment. Seek medical advice if you have persistent or worsening sciatica.

Seek emergency medical attention if you develop new difficulty controlling your bladder or bowels, numbness around the groin or saddle area, or severe or worsening weakness in both legs.

This is a complementary therapy and does not replace medical assessment or treatment. Results vary between individuals.

Targeted Pain and Muscle Tension

£40 / £60
30 OR 60 MINUTES

At The Revival Pod, we offer personalised massage sessions focusing on areas of muscle tension, stiffness and discomfort. Each treatment is tailored to your symptoms, comfort level and individual needs.

CONDITIONS AND AREAS WE CAN FOCUS ON

- **Frozen shoulder** Gentle, adapted massage around the shoulder to help ease surrounding muscle tension and support comfortable movement.
- **Golf elbow** Massage focusing on the forearm muscles and surrounding areas to help ease tension and discomfort.
- **Stiff neck** Gentle neck and shoulder massage to help relieve tension and support comfortable movement.
- **Tennis elbow** Targeted techniques around the forearm and elbow muscles to help relieve muscular tightness.
- **Trapped nerves** Carefully adapted massage to help ease associated muscle tightness, where appropriate.
- **Lower back discomfort** Targeted massage for tight muscles around the lower back and hips to encourage relaxation and ease muscular tension.

YOUR TREATMENT EXPERIENCE

Your therapist will discuss your symptoms, medical history and treatment goals before recommending suitable techniques. Pressure and treatment areas will be adapted to your comfort.

30 minutes, £40. Ideal for focusing on one main area.

60 minutes, £60. Allows more time for a detailed treatment or attention to multiple suitable areas.

IMPORTANT SAFETY INFORMATION

Massage may help with associated muscle tension, but it does not cure underlying joint conditions or nerve compression. Please inform your therapist about any diagnosis, medication, recent injury, numbness, tingling or weakness before treatment. Some conditions may require assessment by a GP or physiotherapist before massage.

Seek urgent medical advice for new or worsening weakness, and **emergency medical attention** for new bladder or bowel control problems or numbness around the groin or saddle area.

This is a complementary therapy and does not replace medical assessment or treatment. Results vary between individuals.



III

Mother and Baby

Gentle, adapted care before and after the arrival of your child

Pregnancy Massage	60 min	£60
Postnatal Massage	50 min	£50

Pregnancy Massage

£60
60 MINUTES

Enjoy a soothing, pregnancy-adapted massage designed to promote relaxation and comfort during pregnancy. This gentle treatment is tailored to the needs of expectant mothers, using suitable positioning and carefully adapted massage techniques.

BENEFITS MAY INCLUDE

- Helps relieve muscle tension and everyday aches, particularly in the back, neck and shoulders.
- Promotes relaxation and helps reduce stress.
- Provides dedicated time to relax and unwind during pregnancy.
- May help ease feelings of heaviness and discomfort in the legs.
- Supports a sense of comfort and wellbeing.

TREATMENT DETAILS

Your therapist will discuss your stage of pregnancy, comfort, areas of concern and treatment preferences before beginning. The session may include gentle massage of the back, shoulders, neck, arms, hands and legs, adapted to your individual needs. Comfortable side-lying positioning and suitable pillows can be used to support you throughout the treatment.

BEFORE YOU BOOK

Please inform your therapist of any pregnancy-related concerns or medical advice you have received. Massage may need to be postponed or adapted depending on your circumstances. If you have a high-risk pregnancy or any complications, seek advice from your midwife or healthcare professional before booking.

Postnatal Massage

£50
50 MINUTES

Enjoy a gentle, restorative massage designed to help new mothers relax, ease everyday muscle tension and take time for themselves after childbirth. This treatment is tailored to your individual comfort and recovery needs, helping you feel cared for during the postnatal period.

BENEFITS MAY INCLUDE

- **Relieves muscle tension** Helps ease tightness in the back, neck and shoulders, particularly from feeding, carrying and caring for your baby.
- **Supports emotional wellbeing** Offers valuable time for rest and self-care during the transition to motherhood.
- **Encourages restful sleep** Relaxation may help you feel calmer and more prepared for rest.
- **Promotes relaxation** Provides a calming opportunity to unwind and manage everyday stress.
- **Eases muscular discomfort** Gentle massage may help soothe tired muscles and everyday aches.
- **Supports general wellbeing** Helps you reconnect with your body and enjoy a dedicated moment of relaxation.

TREATMENT DETAILS

Before your session, your therapist will discuss your birth experience, stage of recovery, comfort levels and any medical advice you have received. The massage may focus on the back, neck, shoulders, arms, legs and other suitable areas, using gentle techniques and comfortable positioning tailored to your needs.

The treatment will be adapted depending on whether you have had a vaginal birth or caesarean section. Please let your therapist know if you have any stitches, tenderness, ongoing bleeding, wound concerns or other postnatal complications.

> **IMPORTANT**
> Postnatal massage should only take place when appropriate for your recovery. If you have had a caesarean section, experienced complications or have concerns about your recovery, consult your midwife or healthcare professional before booking. Massage is a complementary therapy and does not replace medical care.



IV

Restorative Therapies

Slow, rhythmic and deeply calming

Lymphatic Drainage Massage	60 min	£50
Reflexology	30 min	£40
Indian Head Massage with Hot Oil	30 min	£40

Lymphatic Drainage Massage

£50
60 MINUTES

A gentle, specialised massage designed to encourage the natural flow of lymph fluid around the body. This treatment uses slow, rhythmic movements to support lymphatic circulation, help manage fluid retention and reduce the feeling of swelling and heaviness.

BENEFITS MAY INCLUDE

- Supports the body's natural lymphatic drainage.
- Helps relieve feelings of heaviness and puffiness.
- Can be tailored to individual needs following consultation.
- May help reduce fluid retention and mild swelling.
- Promotes relaxation and overall wellbeing.

PLEASE NOTE

This treatment is not suitable for everyone. A consultation is recommended before treatment, particularly if you have unexplained swelling or an existing medical condition. Lymphatic drainage massage is not a substitute for medical treatment.

Reflexology

£40
30 MINUTES

Enjoy a relaxing reflexology session using gentle, targeted pressure on specific areas of the feet. Reflexology is a complementary therapy designed to promote relaxation, ease tension and support your overall sense of wellbeing.

BENEFITS MAY INCLUDE

- **Promotes relaxation** Helps you unwind and may reduce feelings of everyday stress.
- **Supports wellbeing** Encourages a sense of balance and comfort.
- **Time for yourself** Offers a peaceful break from daily routines.
- **Relieves tension** Provides a calming experience for tired, overworked feet.
- **May improve relaxation and sleep** Some people find reflexology helps them feel calmer and sleep more comfortably.

TREATMENT DETAILS

Your therapist will begin by discussing your needs, comfort and any areas of concern. You will then relax in a comfortable position while pressure is applied to selected areas of your feet using suitable reflexology techniques. The pressure can be adjusted according to your preference.

This treatment is ideal for those looking for a short, relaxing session to help ease tension and promote general wellbeing.

Reflexology is a complementary therapy and is not intended to diagnose, treat or cure medical conditions. Benefits vary from person to person.

Indian Head Massage with Hot Oil

£40
30 MINUTES

Experience a soothing traditional Indian head massage using warm oil to help you relax, unwind and release everyday tension. This treatment focuses on the scalp, head, neck and shoulders, using gentle massage techniques to promote comfort and relaxation.

BENEFITS MAY INCLUDE

- **Relieves tension** Helps ease tightness around the head, neck and shoulders.
- **Nourishes the scalp** Warm oil moisturises the scalp and helps condition the hair.
- **Eases muscle tightness** Gentle massage helps soothe tired muscles around the neck and shoulders.
- **Promotes relaxation** Encourages a sense of calm and may help reduce everyday stress.
- **Supports restful sleep** The calming experience may help you feel more relaxed before bedtime.
- **Enhances wellbeing** Provides a peaceful opportunity to unwind and take time for yourself.

TREATMENT DETAILS

Your therapist will begin by discussing your preferences, scalp condition and any areas of tension. Warm oil will be gently applied to the scalp, followed by relaxing massage techniques across the head, neck and shoulders. Pressure and techniques will be adjusted to your comfort.

BEFORE YOUR VISIT

Please inform your therapist of any scalp sensitivities, allergies or skin conditions before treatment. The oil used can be discussed during your consultation.

Benefits vary from person to person. Indian head massage is a complementary therapy and is not intended to diagnose or treat medical conditions.



V

Hijama

Traditional Sunnah-inspired cupping therapy, wet and dry

Hijama Cupping Treatment	60 min	£50
Full Body Massage with Hijama	90 min	£80

Hijama, Wet and Dry Cupping

From £50
60 OR 90 MINUTES

Hijama is a traditional cupping practice rooted in Islamic tradition. All treatments are subject to a suitability assessment and individual consultation.

TREATMENT PACKAGES

OPTION ONE

£50
60 MINUTES

Hijama and cupping treatment. Includes a consultation and selected dry and wet cupping techniques, with approximately 11 to 13 points where suitable, depending on individual needs.

OPTION TWO

£80
90 MINUTES

Full body massage with Hijama. A full body massage followed by a personalised cupping treatment, incorporating dry and wet cupping where appropriate.

The treatment plan and selected points will be discussed with your therapist before the session.

TREATMENT DETAILS

- **Dry cupping** Uses suction cups on selected areas of the body without breaking the skin.
- **Wet cupping (Hijama)** Involves making small, superficial incisions using an appropriate sterile, single-use surgical blade, followed by reapplication of cups to draw a small amount of blood.

POTENTIAL BENEFITS

- May help promote relaxation and general wellbeing.
- May provide a relaxing experience as part of a personal wellness routine.
- Some clients report temporary relief from muscle tightness and discomfort.
- Offers dedicated time for self-care.

Claims that cupping detoxifies the body or boosts the immune system are not supported by strong scientific evidence.

IMPORTANT DISCLAIMER: SKIN MARKS AND SCARRING

Cupping may cause temporary circular marks, bruising, tenderness or changes in skin colour. Wet cupping can cause permanent marks or scarring. The outcome varies depending on individual skin type, healing response, incision depth, suction intensity and underlying health conditions.

Please disclose relevant medical conditions, medications, allergies, bleeding disorders, anaemia and any history of raised scars or poor wound healing before treatment.

Wet cupping carries risks, including bleeding, infection and scarring. A suitability assessment is required, and treatment may be postponed or declined where risks are identified. Appropriate hygiene, sterile single-use blades, protective equipment and safe clinical waste disposal procedures must be followed.

Cupping is a complementary therapy and does not replace medical diagnosis or treatment. Individual experiences and results vary.

Begin Your Revival

Scan to see everything we offer, and to book your visit.

SCAN TO EXPLORE

THEREVIVALPOD.CO.UK

FIND US

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Leicester LE5 4PD

CALL OR WHATSAPP

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therevivalpod@gmail.com

OPENING HOURS

Monday to Friday 10am to 7pm
Saturday 10am to 5pm
Sunday Closed

INSTAGRAM @THEREVIVALPOD

Fully trained, CPD certified therapists · Members of the British Cupping Society, Hijama Clinic UK and GRCCT · Treatments for men and women of all ages and backgrounds

Your wellbeing, comfort and safety matter.