

Massage, yoga & reflexology



Catherine Durham

Aromatherapy

Dear Boatbookings.com Customer

Swedish massage

By way of introduction my name is Catherine Durham and I am a qualified masseuse with many years' experience. Having spent ten years working in the super yacht industry, both as crew and masseuse, I understand the needs and demands of both charter guests and crew.

Sports massage

Each massage is tailored to suit the individual requirements of the client, from relaxation to re-energising massage or working on specific injuries. I have my own comfortable massage table.

Ayurvedic massage

I am based in the South of France and am available at short notice for long term or short term charters, here in the Mediterranean or world-wide. I can also join the yacht in port or at anchor to offer a welcome massage or take care of the guests for a few relaxing hours contributing to a memorable stay on board.

Reflexology

I also offer:

Reflexology and **Indian facial/massage** treatments. I am a certified Sivananda **Yoga** instructor.

Yoga

Please feel free to contact me on [+33 \(0\)6 13 16 59 70](tel:+330613165970) if you would like more information.

With best wishes

Catherine Durham

Previous yacht clients include: Alfa, Altair, Amnesia, Amrazur II, Antipodean, Athena, Bermie, Braveheart, Calixe, Christina O, Esmeralda, Excellence III, Golden Cell, Kermit, Lady Ann Magee, Lazy Z, Leander G, Le Grand Bleu, Little Sis, Midnight Saga, Multiple, O'Pari, Pelorus, Perfect Persuasion, Phocea, Princesa Valentina, Savarona, Shanti, Slipstream, Talitha G, Tugatsu, Ultima III, Utopia

Qualifications: Fluent French, ITEC Anatomy, Physiology and Swedish Body Massage, IFPA Aromatherapy, ITEC Sports Massage, IFR Reflexology, Ayurvedic Massage, Yoga Advanced Teacher Training Certificate, Sivananda Yoga Vedanta Centre, TEFL International TESOL certification, St Johns Ambulance First Aid.
References available upon request.

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