# Asta Godden



From a young age Asta Godden has been interested in healing the body in holistic way. She has studied Swedish and Remedial massage. She has also delved into Reiki healing. She uses her touch to heal in both a physical, emotional and spiritual level. She uses a variety of remedial techniques to cater to her client’s needs such as trigger point therapy, muscle stripping, fascial release and cross fibre friction while also ensuring a deep, relaxing, nurturing touch.