

BEAUTY THERAPIES & TREATMENTS

Relax and unwind whilst releasing all the stresses and strains of modern day living with any of the following massage therapies, compiled especially for the clients needs. The therapies work alongside conventional medicine.

Hot Stones Massage

Full Hot Stone	1 hour	£55.00
Half Hot Stone Massage	1/2 hour	£35.00

A massage using water heated volcanic basalt stones with selected aromatherapy oils to penetrate deeply and gently into the muscles to remove tension and stiffness whilst also inducing a feeling of deep relaxation. This massage helps to improve circulation, reduce stress, anxiety, tension and depression. Relief from muscular aches, rheumatic and arthritic conditions, back pain and insomnia may also be a benefit.

Warm Bamboo Massage

Full Body Warm Bamboo	1 hour	£55.00
Half Body Warm Bamboo	1/2 hour	£35.00

Known for its healing properties this unique massage involves using heated bamboo sticks of varying sizes to knead and roll out knots and relax tense muscles. Bamboo therapy is proven to be one of the best stress relievers it invigorates mind, body and soul. Whether your tight muscles are caused by stress, exercise or sitting at the computer all day, a warm bamboo massage will melt away even the most stubborn knots of tension. Bamboo is also good for the texture of the skin.

Swedish Massage

Full Body		£45.00
Half Body	1/2 hour	£35.00

Swedish body massage is the original massage technique involving a sequence of movements working superficially and deeper into the tissue layers. Besides calming benefits, the Swedish massage is beneficial for easing muscular strain, flushing out toxins, improving circulation, assisting suppleness of ligaments and tendons, stimulating the nervous system, reducing emotional and physical stress.

Organic Luxury Facial

1 Hour	£50.00
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A luxury facial treatment, using only natural, organic products. Cleansers, toners, exfoliants, masques, serums and moisturisers leave the skin energised, smoother and glowing. This treatment incorporates a relaxing head, face and neck massage.

Reflexology

1 Hour	£45.00
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Reflexology is a technique of applying gentle pressure to the reflexes of the feet. The reflexes each have a corresponding point or zone to the systems and organs of the body. By applying light pressure and massage the therapies can remove energy blockages, stimulate circulation and promote healing. Reflexology can relieve many conditions including stress, insomnia, migraines and back pain.

Top To Toe

2 Hours	£85.00
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The ultimate pamper package, to include a full body massage using specially selected essential oils tailored to suit individual needs together with a choice of either:

- ◆ a luxury manicure or pedicure
- ◆ an organic facial

Aromatherapy Massage

1 Hour £55.00
1/2 Hour £35.00

Aromatherapy massage is the use of essential oils with massage techniques to improve physical and emotional well-being. Essential oil, extracted from plants, possess distinctive therapeutic properties, that are blended with a carrier oil and used to improve health and stimulate the body's own healing mechanisms.

Luxury Back Treatment

45 Minutes £40.00

Organic exfoliation to cleanse and revitalise the skin, followed by a moisturising hot stone massage with specially selected essential oils to remove any deep knots and ease tension.

Luxury Manicure or Luxury Pedicure

1 Hour £40.00

Refine and revitalise hands/feet with a gentle exfoliation, cuticle work, nail shaping, hydrating massage and a nail polish application. A choice of either a full manicure or full pedicure.

Indian Head Massage

£35.00

40 minutes

The experience is deeply calming and relaxing giving a feeling of being rejuvenated and revitalised and being able to concentrate. The massage focuses on tissues, muscles and joints of the head, face, neck, shoulders and arms improving joint mobility and flexibility. Indian head massage improves blood circulation, relieves stress, tension, fatigue, insomnia, migraine and sinusitis.



*relax &
pamper*

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AT BOURNE HALL**

