

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 Massage	1 hour	£50.00
Half Hot Stone Massage	1/2 hour	£30.00

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.

Swedish Massage

Full Body	1 hour	£40.00
Half Body	1/2 hour	£30.00

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.

Reflexology

1 Hour	£40.00
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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.

Organic Luxury Facial

1 Hour	£45.00
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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.

Top To Toe

2 Hours	£80.00
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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

Indian Head Massage

1 Hour	£35.00
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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.