

Swedish Massage 30min. £25 1hr. £45
A relaxing massage to de stress the body & Soul

Sports/Deep Tissue Massage 30min. £30 1hr. £55
Deep penetrative movements target those sore, aching muscles.

Aromatherapy Massage 30min. £30 1hr. £55
Initial appointment add 15 mins £10

Aromatherapy treatments have both physiological and psychological effects. The combination of massage and the medicinal and therapeutic qualities of the essential oils (molecules both inhaled [aroma] and absorbed through the skin) can soothe, revitalise, uplift the spirit, encourage positive thinking and boost the immune system enabling the body to heal itself.

Hot Stone Massage 30min. £30 1hr. £55
Warm, smooth basalt stones are heated and used for this profoundly deep, effective massage. The warmth will radiate through your body relaxing those tired, tense muscles.

Wellbeing Tummy Resolve 30min. £30
A specific blend of oils coupled with a gentle massage technique to relieve the symptoms of bloating, constipation & general discomfort.

Reflexology 45min. £40
A unique method of using the thumb and fingers on the reflex area. This encourages the body to relax completely, enabling it to repair and heal itself. It helps to reduce stress and induces deep relaxation, improves circulation, cleanses the body of toxins and impurities thus balancing the whole system.

Osteopathy & Acupuncture
First Treatment 45min. £40
Follow up sessions 30min. £35

Please note-all times stated include time for undressing & dressing. Disposable underwear will be provided if required. We will respect your privacy & modesty at all times.

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