



Treatment List

Aromatherapy Massage

Relaxing massage using bespoke essential oil blends to benefit each individual client

Back, neck & shoulder (30 mins/ 45 mins)	£20/ £30
Full body (60 mins)	£35
Top to Toe (90 mins)	£45

Swedish Massage

Deep & invigorating massage to release muscle tension

Back, neck & shoulder (30 mins/ 45 mins)	£20/ £30
Full body (60 mins)	£35
Top to Toe (90 mins)	£45

Hot Stones Massage

Deeply relaxing massage using hot basalt stones to penetrate muscles and ease tension

Back, neck & shoulder (45 mins)	£35
Full Body (75 mins)	£45

Indian Head Massage

Seated massage incorporating the upper back, arms, neck, face & scalp

Full Treatment (45 mins)	£30
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Reflexology

Involving massage & gentle working of reflex points on the feet

Basic treatment (60 mins)	£30
Inc. soak, pumice scrub & half leg massage (80 mins)	£40

Hopi Ear Candling

Natural treatment to help with sinuses, headaches & excess wax

Basic treatment (30 mins)	£15
Inc. facial pressure point massage (45 mins)	£30

Neal's Yard Signature Facial

Holistic facial using natural award winning products chosen for your skin type

Full Treatment (45 mins)	£30
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Age Well Facial

Includes foot soak & gentle foot, neck & décolletage massage, using award winning Frankincense Lift products

Full Treatment (75 mins)	£45
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Gua Sha Facial

Massage based facial, using award winning products and rose quartz facial massage tools

Full Treatment (35 mins)	£25
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