

Massage Treatments



"Inner peace leads to world peace"

Dalai Lama

Massage is one of the most effective & natural forms of healing. Massage promotes relaxation, eases muscle tension and promotes a feeling of well being.

THERAPUTIC MASSAGE

A relaxing massage using specially blended oil, to calm and sooth the body and mind.

Full body treatment including face and scalp (75 mins)	£ 60.00
Full body treatment (55 mins)	£ 48.00
Back, Neck and Shoulders (25 mins)	£ 25.00

SWEDISH MASSAGE

A deep tissue massage releasing toxins from the muscles, thus shortening recovery time from muscle strain, used to alleviate both emotional and physical stress.

Full Body Treatment (55 mins)	£ 48.00
Back, Neck and Shoulders (25 mins)	£ 25.00

HOT STONE MASSAGE

Using smooth warm basalt stones, when applied to specific areas of the body can relieve deep muscle tension, leaving you feeling rejuvenated and deeply relaxed.

Full body Treatment (60 mins)	£ 65.00
Back, Neck and Shoulders (30 mins)	£ 35.00

INDIAN HEAD MASSAGE (45 Mins) £35.00

Fully clothed , upright massage performed in the salon which primarily works on pressure points to relax the whole body. Please wear a loose cotton top.

BACK TREATMENT (45 Mins) £45.00

This deep cleansing treatment, includes a deep exfoliation and massage to stimulate and decongest the area while relieving muscular tension, followed by a soothing mask or heat treatment to aid skin repair and relaxation.

BODY BUFFING (45 Mins) £40.00

A thorough full body exfoliation, followed by a relaxing massage using a body treatment cream, leaving your body feeling invigorated and your skin feeling silky smooth.

