

Holistic



HOT STONETHERAPY

This highly skilled massage was developed in the USA and originally used by native Indians. Utilising the benefits of warmed, Peruvian, volcanic, basalt stones to work ten times more effectively than manual massage. This is a deep tissue massage for those with neck and shoulder tension or just looking to be totally pampered. The comforting warmth of the smoothed stones takes this massage to another level and has the effect of balancing mind body and soul.

THE FULL BODY TREATMENT

works effectively to encourage the physical effects of improving circulation, promoting lymph drainage and calming the nervous system as well as encouraging the holistic benefits by introducing Chakra balancing techniques to offer the ultimate relaxation.

1 hour 30 mins **£73**

THE BACK AND NECK MASSAGE

is an introduction to stone therapy or is ideal to ease tension in these specific areas. Warming comforting and the ultimate in deep relaxation.

30 mins **£45**



AROMATHERAPY

After a thorough consultation and diagnosis, your highly trained therapist will select and blend at the time of your treatment, a unique massage oil specifically personalised for your concerns. The gentle massage itself, utilises meridian pressure points, to release toxins and re-balance the whole body, it will include the face and scalp unless requested. We recommend this treatment in the afternoon/evening so you can go home and relax, as you can feel a little light headed. To achieve the most benefit from the properties of the essential oils they are best left on overnight to enable penetration of the body's blood stream.

1 hour 15-30mins **£55**



REFLEXOLOGY

Total relaxation and rebalancing, through the ancient, specialist art of pressure point massage to the reflexes of the feet, enabling your therapist to achieve a diagnostic overview of the whole body and stimulate the body's self healing responses. Helps relieve stress, re-energise, and combat fatigue.

1 hour **£48**

INDIAN HEAD MASSAGE

A blissfully relaxing, yet stimulating, massage of the scalp, neck and shoulders using ancient Indian techniques. This massage helps to ease tension in the head and neck making it a wonderful treatment for headache sufferers. Perfect if you sit at a computer all day or suffer eye strain or neck and shoulder aches and pains.

45 mins **£42**
