

multi 


sports
massage

Remedial Treatments

Sports massage and remedial Massage is a style of treatment that aims to provide the recipient with a specific solution to muscular aches and pains, rather than a luxuriating pampering experience of full body massage.

Sports Massage

30 mins	£20
1 hr	£35
90 mins	£50

Deep Tissue Massage

30 mins	£20
1 hr	£35
90 mins	£50

Add on

Cupping Therapy	£5
Hot Stones	£5

Relaxation Treatments

Hot Stone Massage

Hot basalt lava stones are used for their penetrative warmth to help release deep muscular tension, aches and pains.

1 hr	£40
90 mins	£50

Aromatherapy Massage

Aromatherapy massage uses therapeutic essential oils to relieve nervous stress, enhance well-being and promote health and vitality

1hr	£40
90 mins	£50

Swedish Massage

Relax and unwind with a traditional full body massage to ease tension and promote wellness.

30 mins	£20
1 hr	£35
90 mins	£50

Relaxation Treatments

Reflexology

An age-old therapy based on the principle that the organs, glands and systems are reflected on the feet - known as reflex points. These points are treated whilst receiving a wonderfully relaxing foot massage.

1hr	£35
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Hopi Ear Candles

Ear candles are used widely throughout Europe, America and Asia by GP's and hospitals to treat a variety of ear and nose conditions. The Hopi ear candle treatment is a non-invasive, relaxing and soothing experience

1 hr	£35
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Indian Head Massage

Indian Head Massage will soothe away stress and tension, leaving you relaxed, revitalised and re-energised.

30 mins	£20
50 mins	£30

Add on

Home visit	£10
Cupping Therapy	£5
Hot Stones	£5

