

The Treatment Room



Please enjoy looking through the following options; if you would like to book please call 01297 442010

(please note: that we ask that you pay your therapist direct, & they do not take cards)

SWEDISH MASSAGE— is an energising and invigorating therapy, alleviating tension, muscle aches and pains

AROMATHERPY—is a gentle, flowing massage that uses pure essential oils to enhance relaxation, alleviate tension and stress and help with a variety of health problems. Essential oils are blend-ed to your requirements

HOT STONES—heated basalt stones are used to give a deep, tension releasing massage, whilst their warmth enhances comfort and relaxation

INDIAN HEAD MASSAGE—is a gentle, firm and rhythmical massage that can relieve eye strain, headaches and muscular tension in the neck and shoulders, while improving concentration and boosting the immune system.

INDIAN FACE MASSAGE—brings together ancient and modern massage techniques in a deeply relaxing treatment which has rejuvenating effects on the face also known as the 'face lift massage'.

SERENITY SUPER FACIAL—to refresh your complexion; start this aroma-facial with an 'Essence of Serenity' cleansing exfoliation. Then relax in a warm clay mask while your scalp receives stress releasing attention. After rehydrating the skin, this treatment concludes with a naturally uplifting Indian Face massage.

	Swedish	Aromatherapy	Hot Stone	Back, Neck & Shoulder	Deep Tissue	Reflexology	Indian Face	Indian Head	Super Facial	Pregnancy
30 min				£35						
45 min	£50	£55						£45		
60min	£55	£60	£65		£55	£50	£48		£55	£55
90min	£75	£80	£85		£75					