

AROMATHERAPY MASSAGE

Full Body with Aromatherapy 1 hour £45.00

Aromatherapy massage is the use of essential oils with massage techniques to improve physical and emotional well-being. Essential oils, extracted from plants, possess distinctive therapeutic properties, that are blended with a carrier oil and used to improve health and stimulate the body's own healing mechanisms.



Reiki

1 hour £35.00

Reiki is a Japanese healing treatment that will help to still the mind, calm the emotions, heal the body, awaken the spirit, bringing inner peace and profound relaxation and healing on all levels. Reiki healing treatment gives the means to renew energy and totally unwind.



EAR CANDLING

45 minutes £35.00

Hopi Ear Candling also known as thermotherapy, is a relaxing and gentle natural therapy to cleanse and harmonise. An ear candle is placed in the ear canal and lit, as the flame warms the air inside the cylinder it produces a vacuum which assists the deep cleansing of the ears. This treatment includes head and face massage to assist sinus drainage, lymph flow and skin tone and circulation. Ear Candling relieves headaches, tension, ear-aches, sinus infections, sinus pain and pressure, vertigo in addition to relief to tinnitus sufferers.



TO MAKE AN APPOINTMENT PLEASE CONTACT
RECEPTION OR CALL 01983 862820

THERAPIES/TREATMENTS

RELAX AND UNWIND WHILST RELEASING ALL THE STRESSES AND STRAINS OF MODERN DAY LIVING WITH ANY OF THE FOLLOWING MASSAGE THERAPIES, COMPILED ESPECIALLY FOR THE CLIENTS' NEEDS. THE THERAPIES WORK ALONGSIDE CONVENTIONAL MEDICINE.

SWEDISH MASSAGE

Full body 1 hour £40.00
Half body ½ hour £25.00



Swedish body massage is the original massage technique involving a sequence of movements working superficially and deeper into the tissue layers. Besides calming benefits, the Swedish massage is beneficial for easing muscular strain, flushing out toxins, improving circulation, assisting suppleness of ligaments and tendons, stimulating the nervous system, reducing emotional and physical stress.

FULL/HALF BODY MASSAGE

Full body 1 hour £40.00
Half body ½ hour £25.00

A delicate form of massage that stimulates the body's lymphatic system helping to eliminate excess water and toxins, providing a boost to the immune system and improving the metabolism and low energy. This massage improves muscle tone and skin texture and promotes a sense of wellbeing and relaxation. The expelling of toxins and excess water can assist weight loss and the performance of the liver and kidneys.

HOT STONES MASSAGE

Full Hot Stone Massage 1 hour £45.00
Half Hot Stone Massage ½ hour £25.00



A massage using water heated volcanic basalt stones with selected aromatherapy oils to penetrate deeply and gently into the muscles to remove tension and stiffness whilst also inducing a feeling of deep relaxation. This massage helps to improve circulation, reduce stress, anxiety, tension and depression. Relief from muscular aches, rheumatic and arthritic conditions, multiple sclerosis, back pain and insomnia may also be a benefit.