

Thai Foot Massage

1 Hour

£40.00

Thai foot massage involves stretching and massage to the feet and lower legs together with the use of a stick to stimulate the reflex points. A specific blend of aromatic Thai oils are used to compliment the massage tailored to suit the client. Benefits of this treatment include increased circulation to the legs and feet, strengthens the immune system, enhances healing, relieves stress and anxiety and creates a feeling well being. It is a powerful treatment.

Luxury Back Treatment

1 Hour

£35.00

Organic exfoliation to cleanse and revitalise the skin, followed by a moisturising hot stone massage with specially selected essential oils to remove any deep knots and ease tension.

Luxury Manicure or Luxury Pedicure (or Luxury Mini Manicure & Luxury Mini Pedicure)

1 Hour

£35.00

Refine and revitalise hands/feet with a gentle exfoliation, cuticle work, nail shaping, hydrating massage and a nail polish application. A choice of either a full manicure or full pedicure or a mini manicure and a mini pedicure.

Aromatherapy Massage

1 Hour

£45.00

Aromatherapy massage is the use of essential oils with massage techniques to improve physical and emotional well-being. Essential oil, 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.



*relax &
pamper*

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BEAUTY THERAPIES & TREATMENTS
AT BOURNE HALL

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	1/2 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	1/2 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	1/2 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, back pain and insomnia may also be a benefit.

Hydrotherm Massage

1 Hour	£40.00
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Hydrotherm massage is a deep, profoundly relaxing & beneficial massage technique. Your entire treatment is carried out while you lie face up on warm Hydrotherm water filled cushions. These cushions mould to the contours of your body, providing support & there is no turning midway through the treatment & therefore, no disturbing the relaxation. The warm benefits circulation and relaxation.

Reflexology

45 minutes	£40.00
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Reflexology is a technique of applying gentle pressure to the reflexes of the feet. The reflexes each have a corresponding point or zone to the systems and organs of the body. By applying light pressure and massage the therapies can remove energy blockages, stimulate circulation and promote healing. Reflexology can relieve many conditions including stress, insomnia, migraines and back pain.

Organic Luxury Facial

45 Minutes	£35.00
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A luxury facial treatment, using only natural, organic and aromatherapy products, to slow down the ageing process and achieve healthier younger looking skin. The face is cleansed, exfoliated and toned before a gentle massage to the head, face and neck. A clay mask is applied to draw out any impurities in the skin and the face is again toned and moisturized. This facial will leave the skin energised, smoother and glowing with instant uplifting effects.

Top To Toe

2 Hours	£75.00
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The ultimate pamper package, to include a full body massage using specially selected essential oils tailored to suit individual needs together with a choice of either:

- ◆ a luxury manicure or pedicure
- ◆ a mini manicure and mini pedicure
- ◆ an organic facial

Indian Head Massage

45 minutes	£35.00
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The experience is deeply calming and relaxing giving a feeling of being rejuvenated and revitalised and being able to concentrate. The massage focuses on tissues, muscles and joints of the head, face, neck, shoulders and arms improving joint mobility and flexibility. Indian head massage improves blood circulation, relieves stress, tension, fatigue, insomnia, migraine and sinusitis.