



## TREATMENT MENU

### AROMATHERAPY MASSAGE

This full-body massage uses a blend of essential oils that are absorbed into the body via inhalation and through the skin. Choose a revitalising or relaxing combination for the ultimate sensory massage experience.

*£92.00 – 60 minutes*

### INDIAN HEAD MASSAGE

This treatment focuses on the upper body. The scalp, face, neck, shoulders, arms and upper back to release physical and emotional stress, promoting peace, mental clarity and enhancing relaxation.

*£72.00 – 45 minutes*

### DEEP TISSUE MASSAGE

Focuses on the deeper layers of muscles and connective tissues. Often pressure points are used to help release chronic muscle tension, making this extremely helpful for severe aches and pains.

*£120.00 – 60 minutes*

### AROMA DE-STRESS

Selected aromatherapy essential oils are used to relieve tension in the back, neck, shoulders and backs of the legs. This is a calming massage, soothing tense muscles and promoting better sleep.

*£92.00 – 45 minutes*

### REFLEXOLOGY

Following the principle that energy travels through the body along pathways known as meridians, reflexology focuses on stimulating pressure points in the feet. It can be an aid to relaxation, stimulating your circulatory system and redressing imbalances to restore wellbeing.

*£78.00 – 50 minutes*

### BACK, NECK & SHOULDER MASSAGE

Need a little 'pick-me-up'? The therapist will gently roll over tight muscles to relieve tension and discomfort in these stress-holding areas.

*£68.00 – 30 minutes*