

Body Massage

Full Body	£45
Back, Neck & Shoulder	£36

Hot Stone Body Massage

Full Body	£55
Back, Neck & Shoulder	£46

Targeted Massage

Advanced massage consultation (redeemable against treatment)	£20
Lower back/Neck & Shoulder release	£55
Prescriptive advanced massage	£60
Deep tissue massage	£55
Pregnancy massage (30 mins)	£42
Pregnancy massage (60 mins)	£62

Holistic Treatments

Indian head deluxe massage	£60
Indian head massage	£38
Hopi ear candling	£35

Body Treatments

Purifying back ritual	£40
Skin rejuvenating ritual	£55

For more detailed information - Please see below

Massage techniques are commonly applied with hands, fingers, elbows, knees, forearms, feet, or a device. The purpose of massage is generally for the treatment of body stress or pain, relaxation and reduction of tension. Great for anyone who suffers with aches, pains, tension headaches or generally need to unwind.

In professional settings, clients are treated while lying on a massage table, sitting in a massage chair, or lying on a mat on the floor. Depending on the massage technique being used.

Full Body Massage

A Full body massage comprises of feet, legs front & back, back, neck and shoulders, arms, hands and décolleté.

The massage specifically targeting any problem areas. A combination of Swedish and deep tissue massage techniques will leave you feeling flexible and relaxed. Reducing stress and muscle tension, improves posture and aids all-round wellbeing,

Back, Neck & Shoulder Massage

A back, neck and shoulder massage will relieve those aches and pains with a 30 - 45 minute massage specifically targeting these problem areas. A combination of Swedish and deep tissue massage techniques will leave you feeling flexible and relaxed. Reducing stress and muscle tension, improves posture and aids all-round wellbeing.

Hot Stones Massage

Hot Stone Massage; is a type of massage therapy that involves the use of smooth, heated stones. The massage therapist places the hot stones on specific points on your body and may also hold/use the stones while giving the massage.

The localised heat and weight of the stones warm and relax muscles, allowing the massage therapist to apply deeper pressure to those areas without causing discomfort.

People often describe hot stone massage as comforting and deeply relaxing. The warmth is soothing for people who tend to feel chilly. The heat of the stones relaxes muscles, allowing the therapist to work deeper while using lighter pressure. A great winter indulgence.

Back, Neck and Shoulder Hot stone Massage

A Back, Neck & Shoulder hot stones massage is to concentrate on those tension/problematic areas. The massage will relieve those aches and pains with a 30 - 45 minute massage specifically targeting these problem areas. A combination of Swedish and deep tissue massage techniques will leave you feeling flexible and relaxed.

Reducing stress and muscle tension, improves posture and aids all-round well-being, with the addition on hot stones.

Indian Head massage

It is a deep massage, using a variety of pressure and techniques, including circular massage strokes on your scalp, deep tissue works on your shoulders, and stretching the neck.

Massage to the scalp and head increases nourishment and oxygen to the hair follicle which in turn stimulates hair growth. Kneading of the head during a massage, opens up the blood vessels on the scalp and helps in better absorption by the blood vessels. A typical Indian head massage treatment, usually starts with the shoulders, working into this area especially as it often holds a lot of tension. The upper back may also be massaged working around the shoulder blade. Following this, flowing motions will move up the neck massaging and stretching to relieve any stress and tension. Finally, the scalp is then massaged along the acupuncture points on the head, followed up by the forehead and the area around the eyes. The upper back and arms can also be massaged depending on the techniques being used.

This massage may be coupled with oils, which condition the hair and promotes growth and healthy skin.

Advanced Massage

Advanced consultation and assessment (price redeemable against your required treatment price)

Comprising of typically a range of motion testing and postural assessment, this consult will allow you to choose the best treatment to target and treat your pain concerns. This can be booked prior to your first treatment or alongside your first treatment.

Lower Back release: This treatment specifically targets muscles associated with lower back pain, limited mobility, sciatic pain and more. Please note time includes consultation time.

Neck and shoulder release: This treatment specifically targets the muscles associated with neck and shoulder pain. Limited mobility, headaches, migraines and tension within the muscles. Please note time includes consultation time.

Targeted advance Massage: THIS IS NOT A RELAXING MASSAGE BUT A TARGETED, PAIN RELIEF RESULTS DRIVEN TREATMENT. Similar to Deep Tissue massage, the key difference is the pre and after assessment/education. Multi layered techniques are used within this treatment. Our targeted massages are for those who are in need of a more focused in depth massage treatment. With this massage the key things that differ from a regular deep tissue is the assessment at the beginning of a session and the education at the end. The techniques used can often feel very similar to deep tissue but are done in a more formal order and with additional communication between therapist and client. With many people suffering with pain conditions it is recommended to complete weekly session for up to 6 weeks with the aim of seeing a reduction in pain within the first 3 sessions and onto a monthly maintenance schedule after the 6 each session is not this initial consultation/ treatment cost.

ECM (Electro Cellulite Massage) Gives an instant lift, shapes and tones the buttock and thigh area. This treatment combines the therapeutic benefits of a massage with the effectiveness of microcurrent therapy. The conductive rollers improve the appearance of cellulite by gently breaking down fatty deposits. It stimulates circulation and lymphatic drainage, which helps to flush toxins away giving a smoother, tighter and dimple free appearance.

Treatment length: 30 minutes

Deep tissue massage therapy isn't just a Swedish massage with deeper strokes or harder pressure. Deep tissue massages use firm pressure and slow stroked to massage deep layers of muscle and fascia, which is the connective tissue that surrounds your muscles. It involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. This helps to break up scar tissue that forms following an injury and reduce tension in muscle and tissue. It may also promote faster healing by increasing blood flow and reducing inflammation.

Mothers to be/Pregnancy massage: A therapeutic massage that focuses on the special needs of the mother-to-be as her body goes through the dramatic changes of pregnancy. This treatment is designed to provide you with relief from muscle tension, especially in your back, shoulders and neck where you are likely to need most attention. Will enhance the function of muscles and joints, improve circulation and general body tone and relieve mental and physical fatigue.

Treatment length: 30 minutes OR 1 hr