



Basalt Hot Stone Massage

Hot rocks and massage! Feel the energy from the hot stones while enjoying a deeply relaxing massage. Warmed oils add to the benefit of this incredible treatment.

1 hour 20 minutes £98

Aromatic Fusion (Relax, De-stress, Revive, Support, Renew)

Ease away the day's stresses and strains and bring body and mind back into balance. This massage fuses the best of practices from East and West. Carefully applied pressures stimulate the nervous system while Swedish and neuromuscular massage techniques support a healthy circulation and soothe the body. Uses individually selected oils. This massage also includes face and scalp.

Allow 55 minutes £65

De-stress Muscle Massage

This all over body massage is designed to work on stiff, tight and fatigued muscles and joints after sports or a day of physical stress and strain. Deep tissue techniques are used to warm the muscles while manipulations and stretching help to ease the body and release tension.

Allow 55 minutes £69

Reflexology

Reflex points located on the feet directly correspond to specific areas and organs of the body. Manual stimulation of those reflex points help unblock, balance and assist with the body's natural healing ability.

50 minutes £58

Indian Head Massage I

A non-invasive form of healing and relaxation. Harmonising the body's natural balance, promoting physical and physiological well-being. Reduces muscular and nervous tension, improving circulation and leaves a feeling of peace and calm. This treatment, which is administered on top of clothing, involves the upper back, shoulders, and head.

45 minutes £55