

SPORTS/DEEP TISSUE BODYWORK MASSAGE

Sports/deep tissue and remedial therapy incorporates specific techniques and I may include other forms of bodywork such as myofascial release and trigger point therapy focusing on areas to facilitate healing, alleviate pain and stiffness increasing joint mobility. Whether you are a computer user or a sporty person needing massage before or after an event to loosen tight muscles, for ongoing treatment, chronic pain or after an injury. The treatment will be tailored to what you need to achieve the best results and get you back on track again and keep you going.

60 mins-£40, 45 mins -£35, 30 mins-£30.

MYOFASCIAL RELEASE THERAPY (MFR)

MFR is a gentle approach which aims to restore mobility to restricted structures thereby releasing tension in the connective tissues allowing the muscles to work more efficiently and allows chronic patterns of dysfunction to move more freely. Works well as part of a sports massage treatment for aches, pains, tight muscles, particularly good for plantar fasciitis, IT bands, shin splints, frozen shoulder etc.

60 mins – £40. 45 mins – £35

HOLISTIC/THERAPEUTIC MASSAGE

Swedish or Therapeutic/Holistic massage is generally a full body massage that manipulates the soft tissues using a combination of medium to deep pressure and/or relaxing strokes. It aims to treat the whole person physically and psychologically, relieving tension and improving muscle tone & joint mobility.

60 mins-£35, 90 mins -£53, 45 mins -£30

Back, neck & shoulders massage 30 mins-£25

AROMATHERAPY MASSAGE

Aromatherapy massage is a relaxing therapeutic massage using a selection of wonderful essential oils and base oils to create a relaxing, uplifting or invigorating massage. Essential oils when blended together are very helpful in treating many ailments and disorders.

60 mins-£38 45 mins -£33 90 mins -£55

INDIAN HEAD MASSAGE....

.....BUT NOT JUST FOR THE HEAD!

Indian Head Massage is a highly effective de-stressing program. It focuses on the upper back, shoulders, neck, and head in a seated position. It improves circulation and is particularly efficient in helping headache and migraine sufferers and generally boosting good health.
30 mins - £25 Add warm bamboo 40 mins-£35

WARM BAMBOO MASSAGE

Uses heated bamboo sticks penetrating to a deeper level bringing about physiological changes from its unique properties. It is an effective way to increase circulation, relieve aches and pains, tension and loosen tight muscles. With warm bamboo the results go deeper and the benefits last longer.

60 mins-£40, 90 mins -£58

HOT STONES MASSAGE

Using heated volcanic rock stones as a tool to massage tight and aching muscles, the heat really making it a truly therapeutic, relaxing massage.

60 mins-£40, 90 mins -£58

REFLEXOLOGY

By pressing different reflex points on the feet relate to corresponding areas of the body including the organs and glands. Reflexology is used to relieve stress, insomnia, aids the hormonal, digestive, menopausal system and boosts immunity.

50 mins-£30, Aroma/flex - combo of aroma massage & reflexology 75 mins -£45

REIKI with CRYSTAL HEALING

Reiki is a Japanese technique to aid stress reduction and relaxation. It is administered by hands-on-healing and can promote healing at all levels.

Crystal therapy is an ancient healing system helping to treat people holistically to help with all sorts of ailments & balance the body, soul & mind.

Reiki & Crystal Healing –£35

THAI FOOT MASSAGE

Thai foot massage is a massage of the lower legs and feet, stretching and 'opening' up energy lines, using a thai peg to apply deeper pressure to stimulate the reflex points on the feet to promote good health.

60 mins -£35

ORIENTAL HAND/ARM MASSAGE

Oriental/Japanese hand & arm massage is especially beneficial for computer users, for RSI or Carpal Tunnel syndrome. It can help ease pain and stiffness to the muscles and joints, increasing mobility & stimulates the sensory nerve endings.

40 mins-£30, £35 for neck & shoulders

EAR CANDLING/THERMAL

AURICULAR THERAPY

Ear candling is a treatment that can help treat a number of conditions of the nose, throat and ears for example, sinusitis, vertigo, tinnitus, snoring, blocked ears from flying.

Massage included 60 mins -£35

PAMPERED FOOT SPA TREATMENT

A lovely foot spa treatment and products to revitalise and pamper your feet includes a soak, exfoliate, moisturise, a mask to treat your feet and a foot massage.

60 mins -£30

FACIAL TREATMENTS

A revitalising facial treatment with Neal's Yard wonderful product range using organic and pure essential oils. Facials include a massage of the face, neck, shoulders and head. A back massage is a lovely addition to a facial.

60 mins-£35, include a back massage for £15

Relaxation Packages

1 hour massage & 1 hour facial for £65.

1 hour facial/30 min massage for £55

Ultimate 3 hour pamper session for £90.