

BODY MASSAGE

INNER HARMONY MASSAGE BACK

Shoulders & Head, 30 mins - £85 / Full Body, 55 mins - £125

An intense Swedish style ritual with scientifically designed ingredients to bring about balance and harmony. Using bespoke massage techniques to relieve muscular tension and toxin drainage to encourage healthy circulation re-centring your body and bringing overall balance to re harmonise your core.

BODY LYMPHATIC MASSAGE

Legs, 30 mins - £85 / Full Body, 55 mins - £125

This heavenly treatment starts with lymphatic body brushing followed with an enriched mineral and purifying body balm and gentle full body lymphatic massage. (Legs only 30 mins)

THERMAL STONE MASSAGE

Back, 30 mins - £90 / Full body, 55 mins - £135

Relax your body and deeply hydrate your skin with this restoring thermal muscle treatment. Balinese hot stones are worked gently into the muscles, loosening tension, and reaching knots and areas of stress at a profound level. The result is radiant vitality, restored muscles, and intensely hydrated skin.

FREE STYLE MASSAGE HALF BODY

Back, 30 mins - £90 / Full body, 55 mins - £135

Alleviate stress and soften the body with a tailored deep tissue treatment. Your therapist will select an oil suited to your concerns. Skin is prepared and circulation boosted while a flowing massage works deeply into the tension, leaving you grounded and fully restored

UPPER BODY BLISS MASSAGE

Back, Neck, Shoulders, Face & Scalp, 55 mins - £115

A deeply relaxing massage working on the back, shoulders, neck, face, and scalp. Rhythmic movements are performed to soothe, calm, and restore peace. The treatment includes facial cleansing and intense head massage.

EXPRESS BACK MASSAGE

30 mins - £85

Pushed for time but need to unwind this is perfect for you. Choose a deeply relaxing massage that focuses only on the back in relieving you of day-to-day stresses or target tense muscles with greater pressure unravelling tightness to make you feel more relaxed and ready for another day.

SPORTS MASSAGE

Bespoke Areas, 30 mins - £90 / Full body, 55 mins - £135

A sports restorative treatment is specifically designed for athletes tight stressed and aching muscles. Whether its heavy exercise, too many hours driving or at your desk your body can become stiff tight and painful. This massage technique along with bespoke balms know to aid circulation and warm up muscles and help disperse the build-up of lactic acid giving a calming soothing anti- inflammatory effect.

DEEP TISSUE MASSAGE

Half Body, 30 mins - £95 / Full Body, 55 mins - £155

A deep tissue treatment is specifically designed for tight stressed and aching muscles. Whatever stresses are deep routed at muscular level our expert therapists using pressure specific to your needs will manipulate to relax you a get you ready for another day. Bespoke balms known to aid circulation and warm up muscles and help disperse the build-up of daily stresses giving a calming soothing effect.

SUB ZERO BODY MASSAGE

(Advanced Technology) Half Body, 30 mins - £90 / Full Body, 60 mins - £160

Cryo (cold technology is applied in with a massage relaxing technique in combination with warm hands to target deep layers of tissue in a relaxing manor. This hybrid experience focuses on mobility flexibility and stability that can be used to optimize preparation, performance, and recovery. Get the benefit of improved oxygen flow, additional energy boost, immune system support and inflammation reduction in cells. A great choice for all athletes.

SUB ZERO LYMPHATIC MASSAGE

Half Body (legs) - £135 / Full Body (back legs, arms) - £199

Advanced Cryo cold technology combined with warm hands provides an additional boost for lymphatic drainage. This also reduces swelling and boosts immunity. Popular for, water retention, swelling, menopausal symptoms. Monthly Course recommended.

NEW BEGINNINGS

Full Body Massage, 55 mins - £115

OR add New Beginnings Facial, 90 mins - £185

Massage for mothers to be to restore to optimum wellness with an intuitive and relaxing massage that restores the body and hydrates skin that is expanding to accommodate a growing baby. Legs are massaged to ease the heavy feeling that comes with pregnancy. Oils are carefully selected to encourage relaxation, health, and an overall feeling of well-being.

Choosing the combined facial massage, you also enjoy a facial to suit your needs and your skin while pregnant and relax even further with a full scalp massage. Give yourself a moment to enjoy leaving the stresses of life behind. Please note a maternity massage must not be booked if you are still in your first trimester.

ADDITIONAL TREATMENTS

Steam Room, 20 mins - £40

Head Massage, 15 mins - £30

Indian Head Massage, 30 mins - £70

Luxury Foot Massage, 15 mins - £25