

# Services Offered

## Massage Treatments

### DEEP TISSUE / SPORTS

A deeper form of Swedish massage for athletes and those with injuries. Ideal for work related injuries and trauma.

### SWEDISH MASSAGE

Traditional style of massage that promotes relaxation by relieving stress, aches and pains.

### INDIAN HEAD MASSAGE

Massage techniques focusing on the head and upper body. It uses gentle massage strokes, yet it is very stimulating. Great for headaches.

### AROMATHERAPY

Use of essential oils for therapeutic purposes goes back thousands of years. Stimulate your senses as well as your body, for the ultimate relaxation experience.

### REFLEXOLOGY

The application of pressure to the feet and hands with thumb, finger techniques. The zones targeted reflect different parts of the body and can treat a variety of conditions.

### PREGNANCY MASSAGE

Gentle and relaxing massage to relieve stress from head to toe. It is all about getting the endorphins into both mother and unborn child and helps prevent swelling of the feet and aches and pains in the back.

### HOT STONES MASSAGE

The must have treatment especially in the winter. It promotes relaxation, helps open the blood vessels and relieves chronic pain.

### THAI MASSAGE / THAI FOOT MASSAGE

Clothed massage which combines all the other techniques, utilizing stretching and yoga poses. A very deep massage.

### MANUAL LYMPHATIC DRAINAGE

Oval shaped nodes pressing on points to help with the lymphatic drainage. Ideal for people that have had lymphedema, cancer or surgery.

## Facials & Other Treatments

### FACIAL MASSAGE / JAPANESE FACIAL / NON SURGICAL FACE LIFT

Rejuvenate your skin using quality Neil's Yard products, adapted to meet your needs. Hydrates the skin, removes dead skin, helps relieve wrinkles, lines, blemishes and signs of ageing.

### EAR HOOPI CANDLES

Burn to create suction within the ear. A great and perfectly safe, non-invasive alternative which helps relieve discomfort from the ears, nose and sinus. Helps to relieve tinnitus and hayfever.

### REIKI

A hands-on approach to spiritual healing which aims to unblock energy trapped in the body. Relaxing and healing.

### CUPPING THERAPY

Cups are used to create a suction in the skin. Many athletes use this treatment to help with pain, blood flow and inflammation. A very effective Chinese treatment.

### MYOFASCIAL RELEASE

Used by osteopaths to relieve built up tension in the fascia that connects to the muscles of your body. Different levels of pressure are used to treat long term trauma, flexibility and mobility problems.

### ACUPRESSURE

Uses similar principles to acupuncture but without the use of needles. Based on the Chinese concept of energy, which flows through the meridians of your body. Ideal for targeting very specific areas of pain.

## Beauty Treatments

### MANICURES & PEDICURES

Look after your hands and feet. Get rid of dead skin on your feet and look all glam. Organic nail polish used lasting up to two weeks.

### WAXING

Looking to have your eye brows waxed we use gentle products to enhance your look.

### EXPRESS LASHES

Don't have much time these lashes can be done within 30 mins to emphasise your look

### TINTING

Eye brows and eye lash tint.

## Prices

**30 minutes - £30**

**60 minutes - £45**

**90 minutes - £ 65**



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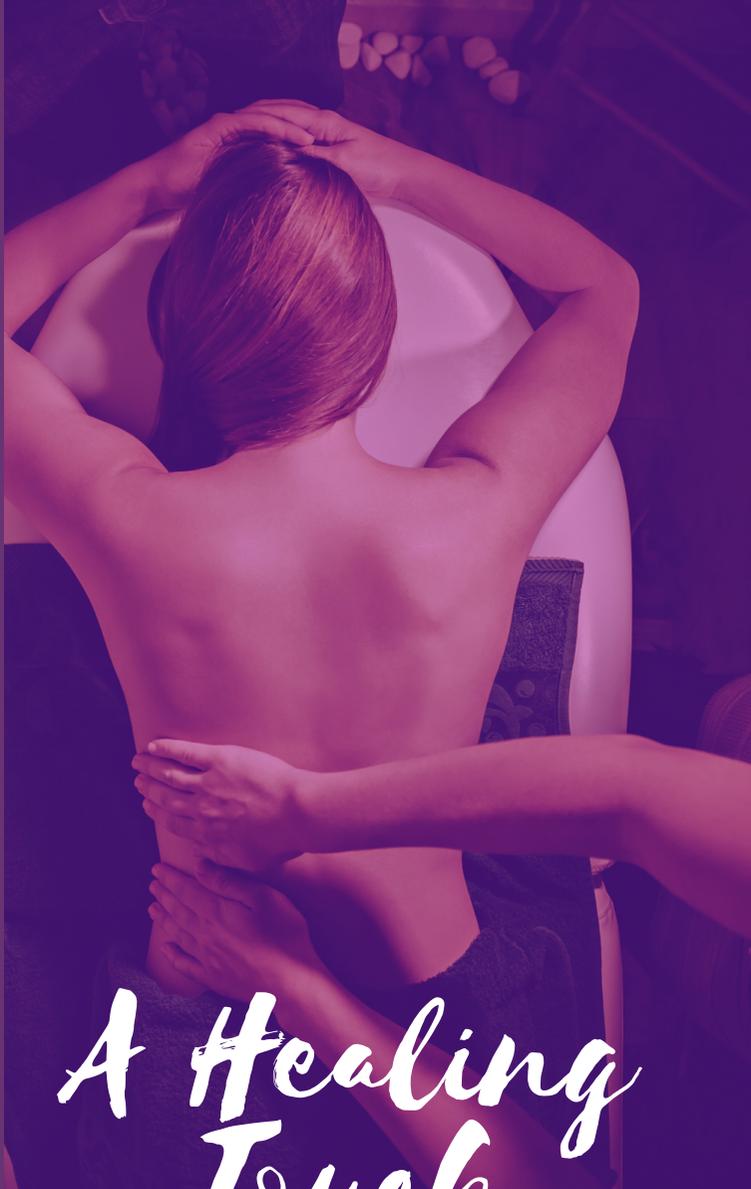
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