MASSAGE & BODYWORK

Warmed organic aromatherapy oils soothe and nourish your skin while our therapists apply specialised techniques to rejuvenate your body. Our head-to-toe treatments are customised and usually include the back, neck, shoulders, arms, hands, hips, legs, feet, face and scalp. Each session is fully customised to your meet your unique needs on the day.

Flowing River Relaxing Massage

60 MINUTES £75 ♦ 90 MINUTES £102 ♦ 120 MINUTES £130

The perfect treatment for those wantng to leave stress behind and experience a sense of peace and tranqulity. Long, smooth strokes soften muscles and rebalance the nervous sytem.

Revitalising Deep Tissue Massage

45 MINUTES £63 ♦ 60 MINUTES £80 ♦ 90 MINUTES £109 ♦ 120 MINUTES £136

Release built up tension in your body with this expert treatment. Firm pressure is applied to rebalance tensed muscles and soften knots. Focused attention can be requested for the areas in need.

Indian Bliss Massage

60 MINUTES £80 ♦ 90 MINUTES £106 ♦ 120 MINUTES £144

Experience pure bliss with the long, smooth strokes of this ancient massage from India. Maharishi Ayurveda herbal oils chosen for your Dosha (body type) give healing properties. The abdomen and buttocks are included; oil massage on scalp is optional. Light or firm pressure.

Pregnancy Massage

60 MINUTES £75 ♦ 90 MINUTES £102

Pampering for mums-to-be, this specialised massage helps decrease swelling, reduce stress, and relieve achey muscles and joints. This treatment is safe for women who are through their first trimester and have had a healthy pregnancy.

Hot Stone Massage

90 MINUTES £123 ♦ 120 MINUTES £153

Reach an even deeper level of relaxation with this truly indulgent head to toe massage. Warmed basalt stones provide a deeply soothing heat at they glide across your muscles melting away every remaining trace of tension.

Sports Massage

60 MINUTES £80 ♦ 90 MINUTES £109

Achieve peak performance from your body. This dynamic blend of firm pressure and guided stretches can help you break down scar tissue formed by injury or overuse to free up your body's full physical potential.

Pain Relieving Therapeutic Massage

45 MINUTES £64 ♦ 60 MINUTES £84

Targeted massage aimed specifically at reducing the body's pain response and aiding in the healing of the troubled area. Pressure, techniques and routine are all personalised to be most effective for your particular complaint. Includes 10 minute pre-massage consultation and 5 minute aftercare advice.

Reflexology Session

30 MINUTES £42 ♦ 60 MINUTES £72

If you are looking to be completely reinvigorated and also have your feet stretched and pressed, this is the treatment for you. A herbal foot soak is followed by general massage. Deep pressure is applied to reflex points of the feet. to encourage the rebalancing of the internal body systems.

MINI TREATMENTS

Indian Head Massage

30 MINUTES £38 ♦ 45 MINUTES £57

Escape to India for this authentic, stimulating scalp, neck and shoulder experience. Optional herbal oil on scalp. 45 minute session includes face massage.

Must-Have Back Massage

30 MINUTES £38 ♦ 45 MINUTES £57

Reduce back and shoulder pain and tension with this bespoke treatment. Remedial techniques such as acupressure, compression and tapping help you stretch, loosen and release the commonly affected muscles of the neck, shoulders and back.

Foot & Lower Leg Massage

30 MINUTES £38 ♦ 45 MINUTES £57

The cure for achey feet, and tight calves. A variety of techniques are combined to relieve tension and rejuvenate the feet and lower legs.

SKINCARE

Goddess Herbal Facial Soother

30 MINUTES £46 ♦ 45 MINUTES £67

Enjoy a herbal face steam, followed by cooling and toning witch hazel aromatic water. Then drift away as your face is massaged with calendula and lavender moisturising balm. Personalised neck and scalp massage included.

Collagen Induction Therapy (Microneedling)

30 MINUTES £150

This specialised treatment is ideal for anyone who wants to have healthy youthful and flawless skin. The resulting boost in collagen over time can lessen wrinkles, heal scars, soften discoloation and encourage tightening. Targeted treatment for the face, decolette, and tummy.

ENERGYWORK

Reiki (Energy Healing) Session

30 MINUTES .£42 ♦ 60 MINUTES £72

Float away to another realm while your therapist uses light touch over clothing to boost and balance the energy centres of the body. Common experiences include increased vitality and an improved overall sense of wellbeing. Get acquainted with tyour body's own healing ability.

Transformational Reiki Session

90 MINUTES .£103

Focus is on the release of resistance at all levels, allowing for transformational progress. Pre and post sesion guidance includes personalised advice to help you move through any limitation you are experiencing.

Extend any massage with one of our 10 minute Add-Ons (£11 each)