



Spa Treatment Menu

August 2020

Soft Tissue Massage

Bespoke Massage following a short consultation with our therapist tailoring oils and technique to match your specific requirements. Calms the mind and provides the opportunity to forget the stresses of the day and promotes a restful night's sleep

Deep Tissue Massage

Deep tissue massage targeting and stretching the muscles to relieve tension. Used to treat muscle and tendon injuries, pain, and stiffness in your major muscle groups and joints focussing on the parts of your body that tend to hold the most tension, such as your neck, shoulders, and back. Encourages blood flow in order to bring oxygenated blood to repair damaged cells.

Sports Massage

Sports massage aiming to enhance circulation, increase tissue elasticity and reducing muscle tension. Working deep into the muscle manipulating to treat damage and injuries. Will assist in relieving tight muscles which can limit flexibility, increase pain and cause future injuries. Different techniques are used to realign the muscles and improve posture. As the muscles are released this results in greater range of motion in the joints.

Hot Stone Massage

Using smooth, heated stones. The localized heat and weight of the stones warm and relax muscles, allowing the massage therapist to apply deeper pressure to those areas without causing discomfort.

Aromatherapy Massage

A holistic treatment using essential oils through the application of massage to relieve stress and anxiety, promote relaxation and aid pain relief. Essential oils are known to improve circulation, enhance the immune system and reduce pain levels linked to conditions including joint pain or chronic fatigue. A variety of essential oils are selected by our therapist individually for you based on your specific requirements.



Manicure & Pedicure Treatments

Our manicure includes a gentle exfoliation of the hands, cleaning and shaping of the nails followed by a colour of your choice, then finished off with a short hand massage to moisturise and hydrate.

Our pedicure involves soaking and exfoliating the feet, cleaning and shaping the toe nails followed by painting a colour of your choice and lastly a short massage to restore hydration and improve skin texture.

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Price List (August 2020)

All massage treatments:

30 minutes = £45

45 minutes = £60

60 minutes = £70

Opening Times

Normal Opening: Tuesday – Saturday

By Prior Arrangement: Sunday

Closed: Monday

All manicure and pedicure treatments:

Manicure = £30

Pedicure = £30