

THERAPEUTIC MASSAGE

Warmed aromatherapy oils nourish your skin while specialised techniques are applied to rejuvenate your body, mind and soul. Each session is personalised and includes the back, neck, shoulders, arms, hands, hips, legs, feet, face and scalp.

Flowing River Relaxing Massage

60 MINUTES £68 ♦ 90 MINUTES £93 ♦ 120 MINUTES £118

Our signature treatment. Leave everyday stress behind with this primarily Swedish style relaxing massage designed to bring you peace and tranquility.

Revitalising Deep Tissue Massage

45 MINUTES £58 ♦ 60 MINUTES £72 ♦ 90 MINUTES £97 ♦ 120 MINUTES £123

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.

Sports Massage

45 MINUTES £58 ♦ 60 MINUTES £72 ♦ 90 MINUTES £97 ♦ 120 MINUTES £123

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

Pregnancy Massage

60 MINUTES £68 ♦ 90 MINUTES £93

Created for mums-to-be, this relaxing 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 £112 ♦ 120 MINUTES £137 ♦ Add Hot Stones to another massage £22

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

Indian Bliss Massage

60 MINUTES £80 ♦ 90 MINUTES £106 ♦ 120 MINUTES £131

Experience pure bliss with the long, smooth strokes of this ancient massage from India. Ayurvedic herbal oils chosen for your Dosha (body type) give healing properties. Oil massage of scalp, abdomen and buttocks is traditional, but optional.

Extend any massage with one or more of our 10 minute add-ons (£10 each):

Indian Head Massage ♦ Neck & Shoulder Focus

Foot Massage ♦ Face & Neck Massage

MINI TREATMENTS

Heavenly Herbal Facial Soother

30 MINUTES £42 ♦ 45 MINUTES £61

Enjoy a relaxing face steam, followed by cooling witch hazel aromatic water. Then, drift away as your face is thoroughly massaged with calendula balm. Neck and scalp massage follows; extended time includes hand and arm massage. Treatment ends with a lavender mist to send you off feeling a deep sense of inner peace.

Indian Head Massage

30 MINUTES £34 ♦ 45 MINUTES £51

Escape to India for our stimulating scalp, neck and shoulder experience. Optional oil on scalp. Ideal for those with desk jobs; extended time includes face massage.

Must-Have Back Massage

30 MINUTES £34 ♦ 45 MINUTES £51

Ease headaches and release tension in your neck, shoulders and back with this highly effective massage that is fully customised to your meet your needs.

Foot & Lower Leg Massage

30 MINUTES £34 ♦ 45 MINUTES £51

Soften every muscle in your toes, feet, ankles and calves. A variety of techniques are combined to relieve tension and rejuvenate the feet and lower legs.

HEALING HOLISTIC TREATMENTS

Reflexology Session

30 MINUTES £38 ♦ 60 MINUTES £64

Treat your feet and invigorate every organ of your body. Deep pressure is applied to reflex points of the feet, which targets and boosts imbalanced or depleted body systems. Extended time includes herbal foot soak and light shoulder massage.

Pain Relieving Therapeutic Massage

45 MINUTES £59 ♦ 60 MINUTES £78

This targeted massage reduces the body's pain response and encourages quick healing of the affected area. Pressure, techniques and routine are all personalised to be most effective for your particular complaint. Includes a 10 minute pre-massage consultation and 5 minutes of aftercare advice.

Reiki Session

30 MINUTES £38 ♦ 60 MINUTES £64 ♦ 90 MINUTES £94

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. Extended time includes pre and post session guidance channeled from your higher self.