



## Holistic Therapies

### Swedish Massage

This Swedish massage helps stimulate blood circulation and lymph flow, providing relief from tension, stiffness, aches & pains. It is also ideal before or after exercise to help eliminate toxins.

1 hour	£35.00
½ hour	£19.00

### Deep Tissue Massage

1 hour	£35.00
½ hour	£19.00

### Hot Stones Massage

Only available on Mondays	1 ¾ hour	£55.00
	1 hour	£35.00

### Aromatherapy Massage

Experience the benefits of aromatherapy oils for mind and body.

Aromatherapy facial	30 mins	£19.00
---------------------	---------	--------

Back, neck and shoulders	30 mins	£19.00
--------------------------	---------	--------

Target key areas where we hold tension

Full body	1 hour	£35.00
-----------	--------	--------

Indulgence for the whole body

Top to Toe	1 hr 15 mins	£40.00
------------	--------------	--------

Pamper yourself with this ideal pick-me-up, including the full body plus the face and scalp.

### Reflexology

Balance your whole system with this holistic treatment which includes a relaxing foot massage followed by stimulation of reflexes on the feet which are linked to each area of the body. A truly holistic experience to harmonize both mind and body.

1 hour	£35.00
½ hour	£19.00

### Indian Head Massage

A combination of massage and aromatherapy, treating the upper body plus the face and scalp, to revitalize and unwind.

¾ hour	£25.00
--------	--------

### Reiki

A technique for stress reduction that also promotes healing

1 hour	£35.00
½ hour	£19.00

### Hopi Ear Candling

Ear Candling works on physical and psychological levels. The techniques used represent a cleansing programme for the whole body not just for the ears. The local activation of blood flow, lymphatic systems and metabolic process

1 hour	£20.00
--------	--------

### Thai Foot Massage

¾ hour	£25.00
--------	--------

### Hypnotherapy

Past life regression

P.O.A

Life between lives

P.O.A.

### Yoga Classes will be starting in September

Light lunches are available while relaxing in the cabin.

We regret that cancellations made with less than 24 hours notice will be charged 50% of the full list rate

**To book – 016974 73552**