



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

Aromatherapy Massage

Experience the benefits of aromatherapy oils for mind and body.

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	

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
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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
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Light lunches are available while relaxing in the Spa

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

To book – 016974 73552