

Massage Therapies

Swedish Massage

One of the primary goals of the Swedish massage technique is to relax the whole body. This is achieved by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. However, this massage goes further than relaxation. Swedish massage is exceptionally beneficial for elevating the level of oxygen in the blood, reducing muscle toxins, improving circulation and flexibility whilst releasing tension.

Duration: 50-60 minutes

£35.00

Sports Massage

The benefits and effects of sports massage include physical effects such as circulating blood and lymphatic fluids. There are physiological effects such as reducing pain and relaxing muscles as well as psychological affects which include reducing stress and anxiety levels.

Duration: 50-60 minutes

£35.00

Aromatherapy Massage

This is a therapeutic massage using essential oils chosen according to your needs to promote relaxation and alleviate stress and tension. Essential oils are highly concentrated essences extracted from plants, flowers, trees, fruit, bark, grasses and seeds with therapeutic properties which improve and prevent illness.

Duration: 50-60 minutes

£25.00

Lymphatic Drainage

Lymphatic drainage is a therapeutic massage treatment. The massage uses very light pressure and long, gentle, rhythmic strokes to increase the flow of lymph and reduce toxins in your body. Lymphatic drainage massage can have a beneficial effect on your general health. Lymph is the fluid that circulates around your body's lymphatic system and is key to keeping your immune system working properly. Improving the flow and drainage of lymph around your body provides a boost to immune functions.

Duration: 40 minutes

£35.00

Reiki

Reiki is performed by placing the hands in a series of positions over or slightly above the body. Reiki heals by unblocking meridians (points within the body that interconnect and work in synergy to distribute energy around the body) which then kickstarts the bodies natural self healing process helping the body to balance itself at a very deep level.

Duration: 40 minutes

£25.00

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Reflexology (hands & feet)

Reflexology works on the principle that there are reflex areas in our hands and feet that correspond to all of the glands, organs and parts of the body. Stimulating these reflexes through massage can prevent and relieve health issues and work toward your overall body maintenance as well as combat stress, aid sleep and alleviate headaches.

Duration: 40 minutes

£25.00

Foot Massage

A regular foot massage helps in promoting physiological as well as physical health. The human foot is a marvel, able to handle hundreds of tons of force and your weight in motion. It has 42 muscles, 26 bones, 33 joints, 250,000 sweat glands and at least 50 ligaments and tendons. A 20 minute foot massage can improve circulation, ease foot pain and soreness, relieve tension and even promote better quality sleep.

Duration: 15 minutes

£10.00

Indian Head Massage

Indian head massage is a relaxing treatment that uses acupressure massage on the head, face, neck and shoulders. Indian head massage is a deep massage that focuses on your head, neck and shoulders using a variety of pressure and techniques, including circular massage strokes on your scalp, deep tissue work on your shoulders, and stretching the neck. The benefits of a head massage include improved condition of the scalp and lower the frequency and severity of migraines, tension and cluster headaches.

Duration: 15 minutes

£15.00

Facial Massage

In addition to feeling good and being good for skin, facial massage can play a role in combatting the effects of stress, headaches and jaw pain or stiffness. Skin conditions such as acne rosacea may improve and produce less scarring and puffiness is diminished. Just one facial massage session can produce an instant difference in how you feel and move as well as visibly rejuvenated skin and muscle tone.

Duration: 15 minutes

£12.00

Neck & Shoulder Massage

A neck and shoulder massage can have many benefits besides just feeling good. They help to alleviate stress and tension, correct poor posture and reduce the severity of headaches. They can even prevent them altogether. Other benefits of neck and shoulder treatment include release of tightened muscles in the neck and shoulders, and can help those who suffer from eye strain, migraines, sinusitis, and chronic neck pain.

Duration: 25 minutes

£18.00