

DRIFT AWAY

RELAXING FULL BODY MASSAGE

This deeply relaxing massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. The perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away... zzzzz!!!!

Time: Back only 30 minutes
Top to Toe 60 minutes
Great for: Everyone
Results: Instant relaxation.
Eased muscles.
Hydrated skin.

Price: £40/£65

NEW BEGINNINGS

MUMMY TO BE MASSAGE

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

Time: 30 / 60 minutes
Great for: Pregnancy
Results: Instant relaxation.
Eased muscles.
Hydrated skin.

Price: £40/£65

WORK IT OUT MASSAGE

DETOXING / MUSCLE WORKOUT MASSAGE

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage.

Time: 30 / 60 minutes
Great for: Everyone
Results: Less tense and tight.
Detoxed.
Improved circulation.

Price: £40/£65

ROCKS OF THE MEDITERRANIAN

HOT STONES



This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully warming treatment works on energy points located throughout the body to rebalance and harmonise.

The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you just have to have at least once in your life. Simply heavenly!

Time: 30 / 60 minutes
Great for: Everyone
Results: Instant relaxation.
Eased muscles.
Hydrated skin.

Price: £40/£65