

# Our Treatments

## Specialist Massage Treatments

Deep Tissue Massage	30/45/60 mins	£30/£35/£40
Sports Massage	30/45/60 mins	£30/£35/£40

## Relaxation Massage Treatments

Swedish/Relaxation Full Body	60 mins	£35
Back, Neck & Shoulder	30 mins	£25
Back, Neck, Head & Shoulder	45 mins	£30
Indian Head Massage	45mins	£30
Hand & Foot Massage	30 mins	£25
Pregnancy Massage	60 mins	£40
Aromatherapy Massage	30/60 mins	£30/£40

## Golden Years Massage

Hand & Foot Massage	30 mins	£25
Relaxation Body Massage	60 mins	£35

## Holistic Ritual Treatments

Reflexology	45/60 mins	£30/£35
Reflexology & Back Massage	60 mins	£35
Hopi Ear Candle & Facial Massage	30 mins	£35
Hopi Ear Candle & Back Massage	60 mins	£45
Reiki	60 mins	£40

## Heated Massage Treatments

Hot Stones Massage	60 mins	£50
Hot Poultrice Massage	60 mins	£50
Candle Massage	60 mins	£40
Candle Leg & Feet Treat Massage	30 mins	£35

The  
**Therapy Hut**



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