

## MASSAGE THERAPIES

### Revive

Relaxing Aromatherapy

30mins - £30

60mins - £50

Try our **Revive** relaxing aromatherapy massage. Essentials oils are chosen to suit the symptoms such as stress, depression, pain or inflammatory problems. This massage is relaxing and focusses on rhythmic massage techniques to soothe and revive. Choose from foot or body massage.

### Repair

Holistic Deep Tissue Massage

30mins - £45

60mins - £55

Our Repair holistic deep tissue massage reduces aching and tense muscles. This massage can be specific to an area of tension or an all over body massage to release and repair tired muscles. Our experts will consult and assess the best methods and techniques suitable.

### Renew

Neck, Back & Shoulder Massage

30mins - £35

60mins - £55

Reduce stress and anxiety, decrease muscle tension and pain relief. Our **Renew** neck, back & shoulder massage helps to reduce the symptoms of depression, and control body inflammation.

### Replenish

Includes hot stones or dry cupping

30mins - £55

60mins - £75

The most indulgent of our massage therapies includes a choice of either hot stones or dry cupping. We tailor this alongside any of our three signature listed massages.

