

Therapies

Aromatherapy Massage - Full body (75 mins) £60

Top to toe full body aromatherapy massage using a blend of organic base oil and essential oils

Aromatherapy Massage - Focus body treatment (30 mins) £35

(45 mins) £40

A focused body treatment adapted to your needs using a blend of organic base and essential oils. Choose the area of the body that needs some attention – e.g. legs and feet, back, neck and shoulders, face. You choose, it's your bespoke treatment

Holistic Massage - Full body (75 mins) £50

Top to toe full body massage using a blend of organic base oils. Does not include any essential oils

Holistic Massage – Focus body treatment (30 mins) £30

(45 mins) £35

A focused body treatment adapted to your needs using a blend of organic base oils. Choose the area of the body that needs some attention – e.g. legs and feet, back, neck and shoulders, face. You choose, it's your bespoke treatment. Does not include essential oils.

Indian Head Massage Coming Soon

This ancient therapy includes massage to your head, upper back, shoulders, neck, arms and face – with or without aromatic oils. Indian Head Massage is a versatile therapy that encourages a sense of calm and relaxation.

Holistic Facial Coming Soon

Holistic facials are incredibly relaxing and your skin will feel fabulous after a cleanse, exfoliation, mask, massage, tone, eye treatment and moisturise using NYR Organic products chosen specifically for your skin type and personal aroma preference.

Reiki (30 mins) £15

Reiki gently, yet powerfully, balances life energy - clearing energy blockages and promoting the body's own natural ability to heal itself.

Neal's Yard Remedies products are used in all massage treatments

With your first treatment please allow an additional 20 mins for a health consultation to determine your needs.

If you are pregnant or have a specific health condition, please make contact prior to booking your appointment to establish if massage is appropriate.

Please visit my website for further information