

Massages

Choose one of our deeply relaxing massage treatments for the ultimate indulgence. Whether you are looking to work on those tight muscles or simply take some time for yourself, we have the perfect massage to suit your needs.

Oh Baby Massage (pregnancy)

75 mins / Cost: £90

Our specialised pregnancy massage, on a customised pregnancy cushion, uses safe oils and gentle movements to ease away tension and discomfort in those problem areas.

Please note we do not recommend any treatments within the first tri-mester of pregnancy.

One-Of-A-Kind

45 mins / Back, Neck & Shoulder / Cost: £60
75 mins / Full Body / Cost: £90 / Course of 6 £450

This customised body massage improves the condition of your physical and emotional wellbeing with a combination of Swedish massage techniques to work out tight muscles and knots. Choose the length of time you require to let us help you unwind.

Some Like it Hot

45 mins / Back, Neck & Shoulder / Cost: £65
75 mins / Full Body / Cost: £99 / Course of 6 £495

Experience the wonderfully unique sensation of hot basalt stones and cooling marble in this full body massage. The heated stones are placed at key pressure points, improving circulation and easing tension, while the cool sensation of the marble energises the body. We then complement the effects of the stones with a deep hands-on massage, leaving you feeling totally rejuvenated.

Breathe Easy

50 mins / Cost: £65

This upper body treatment helps clear the mind and support the immune system, perfect for helping to fight off infections. The powerful essential oils of eucalyptus, tea-tree and peppermint will help you breathe easy, whilst the back, scalp and face massage will help relieve tension and free the mind of stressful thoughts.

Inner Strength

90 mins / Cost: £105

A gentle massage for clients under extreme stress or going through difficult times. A combination of hot oils, paraffin wax, hot stone placements and massage techniques designed to deeply comfort and nurture to deliver a deep sense of peace when it's needed most.

Body Re-Charge

90 mins / Cost: £105

A great pick-me-up massage for anyone feeling tired, sluggish or under the weather. Carefully selected essential oils of Pink Grapefruit, Rosemary, Juniper Berry & Pine will perk up your natural defences; boost your circulation and help to eliminate toxins. You will emerge feeling relaxed, revitalised and full of energy.

Ultimate Sweet Smells

90 mins / Cost: £105

This deeply indulgent aromatherapy experience combines carefully selected essential oils with Swedish, neuromuscular and lymphatic massage techniques. Your therapist will start with a consultation and carry out a smell test from the 12 amazing signature oils to choose the most suitable oil for your emotional and physical needs. This head to toe treatment will melt away all your stresses and strains and leave you smelling gorgeous too.

Add on – our Bright eyes treatment for the ultimate pampering session to any of the 90 min AA treatments for only £30.