

BODY

Massage is an incredibly powerful treatment. It can be deeply relaxing, calming, soothing & rejuvenating while easing away minor aches and pains. It can also be very necessary to aid good posture maintenance. Having a regular massage reduces poor posture becoming a long term problem. I also treat many deep tissue pain problems and reduced mobility issues caused by repetitive working positions or excessive exercise.

Neck and Back Massage **£35**

Totally unwind with a calming head and neck massage to soothe headaches and painful tension and clear that fuzzy head.

De Stress Body Massage **Full Body £65**

An intensive deep tissue massage that creates relaxation and mental calm while aches and pains drift away. While sometime sensitive, the benefits are felt long after the treatment has finished.

Hot Stones **Full Body £70 Back and Neck £40**

Introducing hot stones into your massage helps to enhance the relaxation of the muscles. Warming and soothing, easing away those stresses to take you into a restful state, giving you a replenished body and mind.

Tanning **£45**

Using St Tropez original tanning cream. It is recommended to do a thorough exfoliation the day before the treatment. This in an application self tan treatment so you get a light massage at the same time. Application tanning cream has a chance to deeply absorb giving a deep long lasting colour. On the day I advise coming in loose clothing

Focus-on Body Profile **From £30**

This powerful body sculpting treatment will help you to say goodbye to the "orange peel appearance", whilst tightening slack skin.

The effective combination of active ingredients with our dual electro-sonic DF technology assist in firming and conditioning, and helps to maintain a smoother, suppler and toned-looking skin. This treatment can also improve the appearance of an unwanted double chin.

