



THERAPIES LIST

MASSAGE

From £45

Full body massage using your choice of blended aromatherapy oils to suit your mood. Luxurious, unhurried & deeply restorative massage to your back, legs, face, scalp, neck and feet. My comfy heated couch will swiftly aid your relaxation.

60 mins £45 | 75 mins £55 (extra time on the areas of your choice) | 90 mins (as 75 mins plus arms & hands) ~ *pregnant ladies can book from 13 weeks gestation.*

HOLISTIC FACIALS

From £45

Restore & radiate with a bespoke holistic facial using certified organic aromatherapeutic skincare from Neal's Yard Remedies. Cruelty-free of course. You don't need to know your skin type to book a facial; lie back & leave that to me. All facials include: consultation, cleanse, polish, facial massage, mask, tone, eye treatment, serum/oil, moisturise plus scalp, neck & foot massage.

60 mins £45. Need a while longer? Upgrade to 75 mins (£55) or 90 mins (£65). This features extra massage to areas of your choice i.e. lower legs, arms, hands etc.

COMBINATIONS

From £55

Best of both - perfect if you can't decide between a massage or a facial. When you book 75, 90 or 120 mins you can have a combination. The massage part will come first, e.g. you may choose 45 mins back, glutes & leg massage followed by a 45 min facial when booking 90 mins. I can help you decide the best combination for you depending on what you'd like to achieve from your session and how you're feeling on the day.

75 mins £55 | 90 mins £65 | 120 mins £80 ~ *can be adapted for pregnancy*