

Treatments Available

**Please let us know if you would like to have a treatment during your stay with us when you book your room.*

***Allow approximately 1 hour for each treatment.*

Full Body Aromatherapy *using individually blended essential oils to ease away physical and emotional tensions-£50*

Anti-stress Massage *of the back, neck, shoulders, face and scalp to de-stress and uplift-£40*

Holistic Massage *Full Body Massage to ease aching muscles in the limbs, back, neck and shoulders-£45*

Sports Massage *Deeper massage, not just for sportsmen-£45*

Advanced Bowen Therapy *Known to help frozen shoulders, neck, back problems and knees. 1st treatment-£45, subsequent-£40*

Reflexology *A specialised foot massage using the pressure points on the feet. For relaxation, balance and well-being-£45*

Reiki healing *A natural healing therapy where energy is channelled for re-balancing and relaxation. This is a non-intrusive treatment carried out through the clothes-£40*

Hopi Ear Candles *Thermo-Auricular Therapy used for a wide variety of ear, nose and throat problems. Effective and safe for the removal of ear wax. Deeply relaxing-£35*