



TREATMENT MENU

Lay back and let our fully trained remedial massage therapists ease the tension in your muscles in the comfort of your own room. Their magical hands will melt away stress, leaving you feeling blissfully relaxed and rejuvenated.
For pricing please enquire at reception.



Therapeutic Massage

A revitalizing, deep tissue session derived from a variety of massage styles, tailored to fit your needs.

Back, neck & shoulder (45 min)
Full Body (90 min)



Swedish Massage

A calming treatment addressing major muscle groups, this massage aims to boost the body's health & vitality, and ease muscle tension.

Back, neck & shoulder (30 min)
Full Body (60 min)



Aromatherapy Massage

A relaxing treatment with the help of aromatic essential oils to aid psychological and physical wellbeing.

Back, neck & shoulder (45 min)
Full Body (90 min)



Sport Therapy Massage

Manipulation of soft tissue to benefit the body & encourage muscles to work at their optimum whether for pre-event, post-event or during training.

Back, neck & shoulder (45 min)
Full Body (90 min)
Legs only (30 min)

Relax  Revitalise  Restore

Please book your treatment with reception.
Subject to availability.