

# massages

## **Hot Stones**

Massaging with hot stones increases the blood circulation enabling your therapist to penetrate deeper into the muscles releasing and relaxing those areas of tension. Your therapist will apply oil to the area to be treated and will perform a series of linking movements using heated basalt stones to work deeper into the muscles. This technique of massaging benefits the body by helping to release toxins, improve the circulation and offers deep tissue and muscle relaxation while the massage itself will work on calming and unwinding the mind.

## **Hot Stone Hand and Arm Treatment • 30 min**

Relaxing sore and tired muscles with a hand and arm exfoliation, massage using hot stones, nail buff or an application of cuticle oil to finish.

## **Hot Stone Foot and Leg Treatment • 30 min**

This treatment comprises of a hot foot compress, body brushing on the legs and feet followed by a foot massage using hot stones.

## **Thai Foot Massage • 30 min**

This is a great dual treatment, not only will the soothing massage and invigorating stretching techniques release tension on tired, aching feet but your whole body will feel rebalanced by the gentle application of traditional Thai wooden massage sticks to specific pressure points on your feet.

## **Rejuvenating Hand Treatment • 30 min**

The ultimate treatment for dry neglected hands, an exfoliation will brighten up your hands followed by a hydrating mask to give a smoother appearance. Whilst the mask is on your therapist will relax those tight shoulders with a soothing massage. A hand and arm massage will complete this indulgent treat. Add a polish application for £10 or French £15.

## **Shoulder and Upper Back Massage • 15 min**

Using a combination of specially designed wheat compresses and traditional massage techniques.

## **Back Massage • 30 min**

This is a great massage for those wanting a thorough, deeper and specific massage tailored to your needs, working on the neck, shoulders and lower back. Your therapist will target those key tension zones leaving you feeling de-stressed and calm for your long (yet luxurious) journey ahead.

## **Scalp and Head Massage • 15 min**

If you suffer from tension headaches, try this soothing head and scalp massage. You will fly away feeling calmer, clearer and revitalised.

## **Spa Pool\***

Medical research suggests that regular spa pool therapy reduces stress levels and improves circulation.

## **Sauna\***

Regular saunas can help mental and physical relaxation and release tension.

\*Only available to those 16 years and above. Please read the health notice provided in the spa area before entering the spa pool/sauna.