

Massages

Choose one of our deeply relaxing massage treatments for the ultimate indulgence. Whether you are looking to work on those tight muscles or simply take some time for yourself, we have the perfect massage to suit your needs.

One-Of-A-Kind

45 mins / Back, Neck & Shoulder / Cost: £65
75 mins / Full Body / Cost: £97.50

Our signature body massage improves the condition of your physical and emotional wellbeing with a combination of Swedish massage techniques to work out tight muscles and knots. Choose the length of time you require to let us help you unwind.

Hot Stone

45 mins / Back, Neck & Shoulder / Cost: £70
75 mins / Full Body / Cost: £105

Using a combination of stone placements, hot and cold Basalt stones to massage with, this will help unravel persistent knots and muscular tightness. Deeply relaxing and restorative too.

Oh Baby Massage (pregnancy)

75 mins / Cost: £97.50

Our comforting pregnancy massage, on a specialised pregnancy cushion, uses safe oils and gentle movements to ease away tension and help you relax those tired, heavy limbs, leaving you feeling lighter and peaceful.

Please note we do not recommend any treatments within the first trimester of pregnancy.

Ultimate Aromatherapy Experience

90 mins / Cost: £112.50

This hero treatment starts with a consultation to find out what your emotional and physical needs are. With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes and will dissolve away all of your stress and tension, leaving you in a state of total wellness.

Immune Support

60 mins / Cost: £80

Cleansing, clearing and decongesting, this body treatment helps to clear a congested body and mind while supporting the immune system. Guided breathing followed by massage soothe a heavy head, blocked sinuses, easing headaches and promoting gut health.

Inner Strength & Resilience

90 mins / Cost: £112.50

A truly nurturing massage to fortify and strengthen the mind and body through difficult times. Focus the mind and breathe deeply whilst warm, rich products are applied soothingly. Designed to deeply comfort and support to deliver a deep sense of peace when it's needed most.

Forest Therapy

NEW! – Coming soon in 2022

90 mins / Costs: £112.50

Bring the serenity of nature to your mind, body and skin. Feel restored from the stresses of modern day living, cleansed of pollution and relieved from restlessness and agitation. Forest Therapy's unique essential oil blend & treatment massage will reinforce your intention to feel refreshed, tranquil and grounded. Commencing with a cleansing, guided inhalation & tension releasing long, deep massage, followed with a warm grounding mud mask to recharge through hands and feet. Finally, restoring tranquility to the mind with our expert scalp massage.