

Aromatherapy

Combining the healing benefits of essential oils with a gentle, therapeutic massage. First used by the Egyptian over 6500 years ago.

Essential oils are extracted from flowers, herbs, fruits, trees and plants.

They can be used to treat a wide variety of common ailments and have a powerful effect on the mind and emotions.

Oils are chosen specifically for individual requirements following an in depth consultation. This holistic therapy includes neuro—muscular massage, lymphatic drainage and acupressure points. The treatment can be uplifting or relaxing.

Conditions which may benefit include muscular aches and pains, arthritis, rheumatism, menstrual problems, I.B.S, skin complaints, asthma, M.E, hypertension, anxiety and depression.

Excellent for stress relief, this treatment promotes healing, rejuvenation and relaxation.

Full body massage with face and scalp:-

1 ½ hours - £35

Full body massage - £30

Back massage - £20