

Vouchers of various denominations are available as a perfect gift

Face & Head Holistic massage 30mins £25

Glowing

Deep scalp massage with a gentle facial massage using a range of natural oils for tired or mature skin

Reiki 1hr £30

Now your really chilling out

A gentle touch through clothes, accelerating the healing process & scientifically proven to relax

Reflexology 1hr £25

Take the pressure off

Hands or feet massage Relaxing & Rebalancing

Aromatherapy 1hr £35

Blissful touch

A blend of pure aromatic massage oils to relax & rebalance the mind body and spirit

Deluxe Massage 1hr 20mins £45

Heavenly

Advanced oil massage I will specifically designed for your needs & Soothing Reiki to finish

Hot Stone Massage 1 hour £45

Paradise Detox 1hour 30mins £55

Harmonising, detoxifying restoring & rejuvenating the body at its deepest level

Hopi Ear Therapy 45mins £25

Peace & Quiet

A very gentle natural and relaxing therapy

Crystals (Optiona)

Balancing inclusive of all treatments

Yoga Teaching - Friendly Weekly classes

Evening Classes	per class	£5
6 sessions paid in advance		£28