



## WELLNESS ROOM

Make the most of the tranquil environment, fully relax whilst being pampered with one of our treatments.

### Relax & Release

Holistic massage, incorporating aromatherapy oils to deliver increased relaxation, improved flexibility and reduced muscle tension.

30 minutes ~~~ £45

60 minutes ~~~ £75

100 minutes ~~~ £95

### Deep Relief

Deep tissue therapy, restorative, relaxes the body and drains it of toxins allowing for the release of deeply held patterns of tension.

30 minutes ~~~ £45

60 minutes ~~~ £75

100 minutes ~~~ £95

### Indian Head Massage

An intense yet non-invasive relaxing treatment that uses acupressure massage on the head, face, neck and shoulders.

60 minutes ~~~ £70

### Reflexology

A zone therapy treatment using reflex points on the feet and hands to aid the body's own immune system to balance.

50 minutes ~~~ £65

### Facials

Revive and awaken the skin, whether it's anti-ageing, detoxifying, balancing or simply rejuvenating, we have a facial to suit you using a natural and organic skincare range.

40 minutes ~~~ £65

40 minutes ~~~ £75