

Aromatherapy Massage



Aromatherapy is the use of essential oils combined with the soothing power of massage to promote natural healing and health. Aromatherapy is a truly holistic therapy that helps to relieve many stress and stress-related conditions.

Essential oils are chosen which have an affinity with certain systems of the body helping to alleviate respiratory, digestive, circulatory or hormonal problems.

Essential oils also have subtle effects on the mind and emotions, helping to give feelings of relaxation, balance and harmony. Aromatherapy massage is designed to assist in lymphatic drainage, it increases the nourishment and oxygen to the tissues easing muscular aches and pains and helping with fatigue.

60 minutes— £45.00

90 minutes— £55.00

40 minutes— £40.00 Aroma Facial Massage

40 minutes— £40.00 Back & Shoulder Massage