

Holistic Body Massage



Holistic massage is an ancient discipline used to improve health and wellbeing by treating the mind, body and spirit. It maintains our general health and fitness. It complements traditional medicine in the treatment of specific conditions and symptoms, and offers relaxation in our often hectic lifestyles.

Massage is the therapeutic application of touch using a range of movements or strokes upon the skin, muscles, and joints. It has significant benefits for all of the body's essential systems. A whole body massage includes work on the face, neck, shoulders, arms, abdomen, back and legs. This treatment can easily be modified to suit your needs.

30 minutes— £30.00
60 minutes— £45.00
90 minutes— £55.00