

### Hot Stone Massage



Harmonising, restoring and rejuvenating the body at its deepest level.

Hot stone therapy goes beyond the physical experience of typical massage and enters deeper dimensions of relaxation, health and well-being. Physically the circulation and metabolism are stimulated; mentally the client reaches a state of deep relaxation and spiritually is balanced whilst healing takes place. Hot stone therapy combines traditional massage with the use of smooth, heated basalt stones, which are applied to the body as an extension of the therapist's hands.

The massage is 10 times more effective than a normal massage. The warmth of these heated stones penetrates muscles and balances the nervous system like no other treatment.

**30 minutes— £60.00**

**70 minutes— £55.00**

**90 minutes— £60.00**