Spa Treatment Packages

A Peaceful Pause
A 30 minute Back, Neck and Shoulder Aromatherapy Massage followed by your choice of either a face mask and face massage *or* foot scrub and foot massage.
40 minutes £45

Comforting Combo Head to Toe Wellness
A relaxing Back, Neck and Shoulder Aromatherapy Massage, rejuvenating face mask and gentle facial massage, finished with an invigorating foot scrub, soothing foot massage to ease those tired feet.
60 minutes £60

The Revive & Restore Package
A soothing 30 minute Back, Neck and Shoulder Aromatherapy massage, blissful Mini Holistic Facial and heavenly 30 minutes of Reflexology to calm the mind and rebalance the body.
80 minutes £70

The Ultimate Escape Package
Let your tension melt away with a relaxing 60 minute Full Body Aromatherapy Massage, a rejuvenating Holistic Facial, and 30 minutes of Rebalancing Reflexology.
120 minutes £100

The Full Body Reset Ritual
Press pause with a 90 minute Aromatherapy Full Body Massage, a tension relieving lifting and sculpting face and scalp massage and rebalancing Reflexology.
180 minutes £130



Contact Me/Book Online

Karen Brooks, DIP ITEC

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Award Road, Stapehill,
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Visit the website for more information, additional seasonal treatments and offers.

SCAN ME

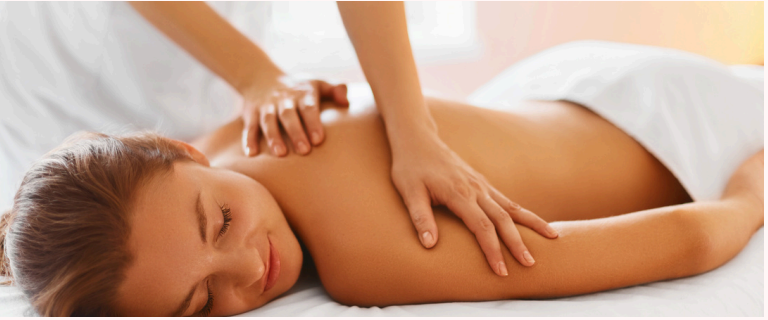
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Holistic Health and Wellness

RELAX - REFRESH - REBALANCE



MASSAGE THERAPY
REFLEXOLOGY
AROMATHERAPY
FACIAL MASSAGE



Aromatherapy Massage

Relax and refresh body and mind with a soothing massage incorporating a bespoke tailored blend of essential oils specifically chosen for you.

Full Body Massage
60 minutes £55
90 minutes £80
Back, Neck, Shoulders
30 minutes £30
45 minutes £45
Legs & Feet Massage
30 minutes £30
Deluxe Legs & Feet
(incl. hot towels, foot scrub, mask and balm)
45 minutes £50

Therapeutic Massage

A restorative combination of Deep Tissue and Myofascial Release techniques designed to target stuck fascia and deepest layers of muscle for relief from chronic tension and pain.

60 minutes £50
75 minutes £60
90 minutes £75

Rebalancing Reflexology

A deeply relaxing holistic treatment using skilled acupressure massage on the reflex points on your feet which connect to your body systems treating the whole body, helping and encouraging it to heal and rebalance.

Reflexology can be helpful in treating stress, insomnia, anxiety, depression, headaches and migraines, body pain, fertility and promoting general wellbeing.

Reflexology
45 minutes £40
Aromatherapy Reflexology
(Includes tailored blend of therapeutic Essential Oils)
45 minutes £45
Deluxe Reflexology
(incl. hot towels, foot scrub, and moisturising foot mask)
60 minutes £65





Holistic Facial Treatments

Busy Mind Reset Facial Massage
This treatment blends ancient massage and acupressure techniques to gently quiet a busy mind while supporting your body's natural rhythms and boosting tired skin.
45 minutes £45

Inner Calm Gua Sha & Ice Globe Facial Massage
A deeply calming lymphatic draining facial massage designed to help you slow down, switch off, and release stress. Using traditional Gua Sha stones, Ice Globes & Aromatherapy oils.
45 minutes £50

Sculpt and Glow Holistic Facial
Experience the heavenly rejuvenating power of our Busy Mind Reset Facial Massage enhanced with a luxurious double cleanse, exfoliation, toner, face mask and therapeutic Essential Oils to boost your natural inner and outer glow.
70 minutes £70

Calm and Restore Gua Sha Ritual Facial
A deeply calming facial ritual designed to help you slow down, switch off, and release everyday stress. Including luxurious skincare, Gua Sha and Ice Globe Therapy.
70 minutes £75