

## Massage Price List

### Swedish Massage

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Indulge in the ultimate relaxation with our Swedish massage, a classic therapeutic treatment designed to soothe muscles and melt away tension. Experience the gentle yet effective techniques, including long, flowing, strokes and kneading motions, promoting improved circulation and an overall sense of well-being.

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| 90 mins Full Body and Scalp            | £90 |
| 60 mins Full Body                      | £60 |
| 45 mins Back, Neck, Shoulder and Scalp | £50 |
| 30 mins Back, Neck and Shoulder        | £40 |

### Aromatherapy Massage

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Immerse yourself in a sensory journey, where therapeutic massage meets the calming scents of carefully selected aromatherapy oils. This treatment is designed to release tension and restore balance.

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| 90 mins Full Body and Scalp            | £95 |
| 60 mins Full Body                      | £65 |
| 45 mins Back, Neck, Shoulder and Scalp | £55 |
| 30 mins Back, Neck and Shoulder        | £45 |

### Hot Stone Massage

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Discover pure relaxation with our Hot Stone Massage. The smooth, heated stones are skillfully placed on the body to enhance muscle relaxation, promoting a deeper sense of calm and well-being. Indulge in this soothing escape for the body and mind, where the healing power of heat and expert touch is combined.

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| 90 mins Full Body and Scalp            | £95 |
| 60 mins Full Body                      | £65 |
| 45 mins Back, Neck, Shoulder and Scalp | £55 |
| 30 mins Back, Neck and Shoulder        | £45 |

### Deep Tissue Massage

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Revitalise with our Deep Tissue Massage, targeting chronic muscle tension and promoting flexibility. Experience increased circulation, reduced inflammation and overall well-being. This can be tailored to your preferred pressure, ensuring a transformative experience.

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| 60 mins Full Body                      | £70 |
| 45 mins Back, Neck, Shoulder and Scalp | £60 |
| 30 mins Back, Neck and Shoulder        | £50 |

### Indian Head Massage

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This ancient technique focuses on relieving tension in the head, neck and shoulders, promoting a sense of tranquility and balance.

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| 30 mins | £40 |
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