

# Massages

Leave the stresses of normal life behind and rediscover inner calm and physical wellbeing. Ranging from 30 to 60 minutes, our massages aim to release tension and revitalise body and mind.

## Massages include:

30 minute massages include: Back, neck & shoulders

45 minute massages include: Back, neck, shoulders and back of legs

60 minute massage include: Back, neck, shoulders, front & back of legs, arms and chest

90 minutes massage include: Back, neck, shoulders, front & back of legs, feet, arms, chest and scalp

<b>ESPA Swedish back, neck &amp; shoulder massage (30 mins)</b>	<b>£80</b>
<b>ESPA Swedish back, neck, shoulder &amp; leg massage (45 mins)</b>	<b>£100</b>
<b>ESPA Swedish full body massage (60 mins)</b>	<b>£120</b>
<b>ESPA Swedish top to toe massage (90 mins)</b>	<b>£140</b>

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

<b>ESPA Pre-Natal back, neck &amp; shoulder massage (30 mins)</b>	<b>£80</b>
<b>ESPA Pre-Natal back, neck, shoulder &amp; leg massage (45 mins)</b>	<b>£100</b>
<b>ESPA Pregnancy full body massage (60 mins)</b>	<b>£120</b>

Pre-Natal Treatment - Target areas prone to stress and tension during pregnancy with this deeply nourishing body treatment. Gentle soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches whilst helping to relax, restore and revitalise. Must be over 12-weeks over pregnancy.

<b>ESPA Deep Muscle back, neck &amp; shoulder massage (30 mins)</b>	<b>£90</b>
<b>ESPA Deep Muscle back, neck, shoulder &amp; leg massage (45 mins)</b>	<b>£110</b>
<b>ESPA Deep Muscle full body massage (60 mins)</b>	<b>£130</b>
<b>ESPA Deep Muscle top to toe massage (90 mins)</b>	<b>£150</b>

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Depending on your preference, you can indulge in anything from traditional head-to-toe massages to an aromatherapeutic hot stone massage – all having both a profound and physical improvement on your welfare.

<b>ESPA Aromatherapy back, neck &amp; shoulder massage (30 mins)</b>	<b>£85</b>
<b>ESPA Aromatherapy back, neck, shoulder &amp; leg massage (45 mins)</b>	<b>£105</b>
<b>ESPA Aromatherapy full body massage (60 mins)</b>	<b>£125</b>
<b>ESPA Aromatherapy top to toe massage (90 mins)</b>	<b>£145</b>

Soothe away stress and return body and mind to the present moment. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends will relax, cleanse and energise, whilst advanced massage alleviates muscular pressure, soothes anxiety and promotes profound relaxation. Balancing mind and body, renewing energy and restoring inner calm.

<b>ESPA Hot Stone back, neck &amp; shoulder massage (30 mins)</b>	<b>£105</b>
<b>ESPA Hot Stone back, neck, shoulder &amp; leg massage (45 mins)</b>	<b>£125</b>
<b>ESPA Hot Stone full body massage (60 mins)</b>	<b>£150</b>
<b>ESPA Hot Stone top to toe massage (90 mins)</b>	<b>£170</b>

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.