

# Holistic Massages & Treatments

In the comfort of your lodge

Contact: Faweather Grange – 01943 878777

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## **Reflexology**

**£80.00**

**(1 hour)**

Application of light pressure to reflex points on the feet unblocks nerve pathways which run from the feet to the brain. This boosts the whole nervous system and blood circulation. It is a relaxing treatment, helping to reduce stress and ease away tension, giving a wonderful feeling of well being.

## **Full Body Massage**

**£80.00**

**(1 hour)**

## **Back Massage**

**£60.00**

**(45 mins)**

A vital treatment for anyone in regular sports or leisure pursuits involving vigorous exercise

## **Indian Head Massage**

**£40.00**

**(30 mins)**

A traditional Indian massage working on the face, neck, scalp and shoulders, giving general relaxation within the muscles, breaking down fibre adhesions, releases toxins and increases energy to tense knotted muscles. This treatment creates a sense of calmness, releases anxiety, and improves circulation and alertness.

A stimulating yet relaxing experience.

## **Aromatherapy Facial**

**£40.00**

**(30 mins)**

A combination of special massage techniques and essential oils combined with a soothing and relaxing facial.

## **Hot Stones Massage**

**£80.00**

**(1 hour)**

A truly holistic experience! As well as improving circulation and metabolism, this massage provides deep mental

relaxation within minutes. Stone therapy combines water heated polished basalt stones and traditional massage techniques. A deep heat therapy leaving you 'totally chilled'.

**Reiki** **£80.00**

**(45 mins – 1 hour)**

Reiki uses a technique called palm healing or hands-on healing through which a "universal energy" is said to be transferred through the palms of the practitioner to the patient in order to encourage emotional or physical healing.

**Aromatherapy facial with Indian head massage** **£60.00**

**(45 mins)**

Can't decide? Why not choose both a facial and Indian head massage? After all you are on holiday.