Holistics and Well-being by Laura.

Full body massage -

- 60 minutes £75

- 90 minutes £90

Melt away stress and create deep relaxation with a full body massage. It's a great way to reduce tension build- up in your muscles, whilst calming your senses with warm oils, hot towels, cocooned in a blanket.

Reflexology - £75

Reflexology is a 60-minute complementary foot therapy that can promote deep relaxation and wellbeing; reducing stress and aiding relaxation. It is a touch therapy that is based on the theory that different points on the feet and lower leg represent different parts of the body. Working on these points may help to released blocked energy also known as Qi (chii).

Luxury Spa Facial £75

Indulge yourself in a 60-minute customised luxury facial, concentrating on key areas of concern. Within this bespoke treatment your skin will not only feel rejuvenated and uplifted but you will dive into deep relaxation with 4 areas of massage, including: Scalp massage, hand and arm, foot massage and pressure point facial drainage massage.

Tailored to your skin, I can enhance your results by adding either

-Gua sha stone - Jade rollers - Or - Rose quartz rollers

Indian Head Massage- £75

Indulge with this ancient massage technique to help release toxins from tense, knotted muscles helping to improve oxygen flow to the brain. This 45-minute treatment is great for anyone who is highly stressed, suffers from headaches and migraines or has trouble sleeping.

LUXURY PACKAGES

Rest and rejuvenate -£75

Relax with a back, neck & shoulder massage and bespoke facial tailored to your needs. 60-minutes of pure bliss.

Ultimate spa ritual - £105

Float away with 90-minutes of relaxation. Includes a full body massage and bespoke facial. Completely customised.

Total bliss - £145

Enhance your treatment experience with this top to toe package. 2-hours of total Indulgence including full body massage, bespoke facial and reflexology.

Mum to be - £75

Take time for yourself before baby comes with a foot rescue to help reduce swelling and rejuvenate your skin with a bespoke facial. 60-minutes of complete calmness.

GROUP PACKAGE

The perfect package for all of you.

1 treatment per person

Each treatment includes a 30-minute treatment from the choices below:

- Back, neck and shoulder massage

- Pick me up facial

- Reflexology

£49 per person (minimum of 4 guests)

Would you prefer a longer treatment? No problem, upgrade your treatment to a 50-minute treatment for an extra £10 per person. (Not all guests have to upgrade).

To Secure Booking:

£25 deposit for each treatment to secure the booking

Balance to be paid no less than 7 days before the date of the treatment(s)

If the booking is made 4 weeks or less before the date of the treatments, then payment is due in full to secure the booking.

Cancellation - If cancellation should occur before 72-hours of the treatment day, you will be fully refunded. Anything less than 72- hours notice cannot be refunded.