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If you prefer to be treated in the comfort of your own home, a mobile service can be arranged, please contact Emma directly.

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Gift vouchers available on request

prices subject to change without notice e&oe

In our all too busy and highly stressful lifestyles, we sometimes forget to take care of the most important people in our lives - ourselves

You are warmly invited to spend some quality time, experiencing the massage and holistic therapies on offer, to relax, rejuvenate and replenish your mind and body.

price list

No Hands® massage

This revolutionary approach to massage uses the soft tissues of the forearm and carefully controlled use of body weight to achieve a massage like no other.

No Hands® full body massage (60 minutes) £25

No Hands® back massage (30 minutes) £15

Smooth the tension out of your back from the spine, hips and neck.

No Hands® head massage (30 minutes) £15

A massage of your head, neck, face and shoulders which will nurture and rejuvenate your whole body.

No Hands® 'back of the body' massage (45 minutes) £20

As most of the major muscles are on the back of the body, this massage releases tension through the back, hips and legs.

No Hands® colon massage (30 minutes) £15

Uniquely naturopathic, the colon massage supports your body in balancing itself. Working gently and deeply, it allows the muscles of your major elimination organ to regain health.

No Hands® reflex massage (45 minutes) £20

Based on the ancient principles of reflexology, that the foot is a map of the body, whole body treatment can be given through the feet.

Holistic treatments

Prescriptive Body Massage (30 minutes) £15

(60 minutes) £25

Experience a personally tailored massage using a combination of massage techniques to address the specific needs of your body.

Indian head massage (45 minutes) £20

A powerful fully clothed upper body massage treating the back, neck, shoulders, arms, face and scalp.

Therapeutic back massage (30 minutes) £15

Stimulating and relaxing techniques are applied to release tension in the back, neck and shoulder muscles.

Therapeutic body massage (60 minutes) £25

Full body massage using stimulating and relaxing manipulations to break down tension and encourage the release of toxins from the body

Aromatherapy back massage (30 minutes) £15

A deeply relaxing back, neck and shoulder massage using essential oils blended to your personal requirements.

Aromatherapy full body massage (90 minutes) £30

The ultimate in deep relaxation, a complete face and body treatment to pamper and de-stress using pure essential oils blended just for you.