

# Treatment List

## April Thomson

### SWEDISH MASSAGE

Swedish massage is both calming and relaxing for your mind and body. It can boost oxygen levels in the blood, improve circulation and increase flexibility. Choose between lavender and grapeseed oil.

30 mins back £50  
60 mins full body £70

45 mins back, neck and shoulder  
including face and head £60

### DEEP TISSUE MASSAGE

Using a deep pressure and longer, slower strokes to target the inner layers of your muscles, helping with any aches and pains.

30 mins £50 60 mins £70

### SEATED INDIAN HEAD MASSAGE

This is a seated massage that works around your shoulders, neck, head and face and can be adjusted for individuals needs if required. Benefits of Indian head massage include headache relief, overall relaxation and mental wellbeing.

40 mins £55

## Jenny Hulin

Advanced course certificate Reflexology, Member of the AOR (Association of Reflexologists).

Reflexology is a wonderful therapeutic healing treatment to enable a person to find rebalance and rejuvenation. Reflexology is a soothing calming relaxing massage using reflex points to stimulate the energy flow while using a blend of essential oils to add to the benefits of the treatment. Overall feeling is a sense of well-being and calm. Jenny has been practicing reflexology for over 27 years.

### REFLEXOLOGY TREATMENT

Wonderful way to relax and rejuvenate, whilst having your feet massaged with therapeutic benefits.

30 mins £50 60 mins £70

### LOWER LEG / ANKLE REFLEXOLOGY MASSAGE

Lower leg/ankle massage with reflex points to soothe and energise tired achy feet (very helpful for swollen ankles).

35 mins £55

## Norah McCullagh (Facialist)

Bespoke Holistic Facials tailored for all skin types. Using biomimetic, skin friendly products, free from parabens, sulphates, fragrance chemicals and mineral oils. All treatments include therapeutic massage to face, neck and shoulders, a cleanse and exfoliation and the application of leave on lotions and potions to hydrate, nourish and protect barrier function.

### FACIALS

Deep Cleansing Facial  
Brightening Facial  
Zone Face Lift  
Lymphatic Drainage Facial  
Gua Sha Fusion  
Ayurvedic Facial (Marma Therapy)  
Bespoke Holistic Facial

### ELECTRICAL FACIALS

Thermo & Cryo Therapy Facial  
Meso Boost - Needle Free Mesotherapy

### TREATMENT PRICES

60 mins £65 75 mins £80 90 mins £95

**We have adapted a bedroom in the hotel as a treatment room so that we can still offer treatments until the refurbishment of our Spa is completed.**

**For further details of the treatments available, or to make a booking, please contact Reception. All treatments are payable to the therapist directly by cash or cheque.**

**Any treatment that is cancelled without 24hrs notice will still be charged at 50%.**

Please note contraindications: Massage may not be suitable for you if you have had major surgery in the last 3 months, if you have a cold or fever, or are suffering from a contagious disease or skin condition. Please refrain from wearing perfumes or antiperspirants to your treatment.