

SPECIALIST MASSAGE



Our expert therapists provide bespoke treatments to meet your unique needs.

STRETCH & RESTORE

Stretch & Restore is a fully clothed treatment carried out on the massage couch using sustained pressure. It'll leave you feeling lighter, taller and more energised. Similar to Thai Massage techniques, the therapist will use their body weight on the couch to aid your stretches.

60 mins

£60



LYMPHATIC DRAINAGE MASSAGE

Lymphatic drainage is a gentle therapeutic massage technique designed to stimulate the flow of lymph fluid towards the heart. It's designed to help with swelling and can be used for conditions such as Lymphedema, post-surgery swelling and fluid retention.

60 mins

£60



MYOFASCIAL RELEASE

This advanced treatment uses slow, sustained techniques to target the fascia. Performed through clothing without oils, this treatment helps to reduce pain, improve mobility, and calm the nervous system. Perfect for individuals who are highly stressed and busy - this treatment provides relaxation and stress relief.

60 mins

£60

To book a massage, simply scan the QR code or visit our website



BOOK ONLINE

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