

## Swedish Massage

Designed to alleviate stress, ease aching muscles and treat areas of tension with this powerful and customised massage.

### Back, Neck & Shoulder Massage

L1 - £30.00    L2 - £32.00    L3 - £34.00    L4 - £35.00

### Full Body Massage

L1 - £47.00    L2 - £51.00    L3 - £56.00    L4 - £58.00

## Hot Stone Massage

Warm Basalt stones and luxuriously warmed oils are massaged deeply into the body to relieve tension and provide maximum deep relaxation.

### Hot Stone Full Body Massage

L1 - £66.00    L2 - £68.00    L3 - £70.00    L4 - £72.00

### Hot Stone Back Massage

L1 - £46.00    L2 - £48.00    L3 - £50.00    L4 - £52.00

## Elemis Body Therapy

### Deep Tissue Muscle Massage

An intense and deep rhythmic pressure massage focusing on the whole body to alleviate stress, ease aching muscles and revive the senses. Dynamic blends of essential oils are prescribed to target individual needs and revive the body.

L1 - £53.00    L2 - £55.00    L3 - £60.00    L4 - £61.00

### Deep Tissue Back Massage

An invigorating deep tissue massage specifically targeting the back, shoulders and neck area providing maximum tension-relieving results where you need it most.

L1 - £41.00    L2 - £44.00    L3 - £47.00    L4 - £48.00

## Aromatherapy

Deeply relaxing and therapeutic holistic body massage using the purest essential oils. Helps to relieve stress and give a total sense of well-being. All oils will be blended to your requirements.

### Full body, face and head massage (1hr 30min)

L1 - £68.00    L2 - £74.00    L3 - £78.00    L4 - £80.00

### Follow on treatments (1 hour)

L1 - £58.00    L2 - £63.00    L3 - £68.00    L4 - £70.00

New aromatherapy clients should book first appointment as 1hr 30 mins.

## Reflexology

This ancient art clears the energy channels running through the body, by manipulating specific points on the feet. Feel the benefit and be amazed at the results.

L1 - £48.00    L2 - £51.00    L3 - £53.00    L4 - £55.00

### Nurturing Massage for Mother-to-Be

This inspirational therapy connects mother and baby through the power of touch, working with two heart beats as one. Specialised positioning on the unique Elemis beanbag is used to ensure the ultimate in safety, comfort and relaxation. Tension in the back will be relieved and swelling in the hands and feet alleviated. An intense relaxation treatment uplifting spirit and revitalising body and mind.

#### Recommend:

1 treatment every 2 weeks in 1st/2nd trimester

1 treatment every week in 3rd trimester

L1 - £67.00    L2 - £70.00    L3 - £73.00    L4 - £75.00

### Indian Head Massage

L1 - £44.00    L2 - £47.00    L3 - £50.00    L4 - £51.00

## Elemis Exotic Spa Body Therapy

### Exotic Lime and Ginger Salt Glow

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

L1 - £44.00    L2 - £49.00    L3 - £52.00    L4 - £55.00

To book call us on  
**01865 730044**  
or book online at  
**www.httsalon.com**