

KNOTS

BESPOKE MASSAGE TREATMENTS

Knots is an independent company situated here in the heart of the Crowne Plaza Sheffield.
Crafting the very best 'Bespoke Massage Treatments' in a contemporary and tranquil setting.

Booking is simple, **as easy as 1. 2. 3.**

1 DURATION

30 minutes	£42
60 minutes	£65
90 minutes	£80

2 TREATMENT TYPE

NEOM Aromatherapy Massage
Swedish Massage
Hot Stones Massage
Deep Tissue Massage
Sports Massage

3 TARGET AREA

Back, neck and shoulders
Lower back, hips and glutes
Legs and feet
Full body

HOW TO BOOK

Call / Text: **07843102275**

OPEN TIMES

Mon – Fri	10am – 2pm / 3pm – 9pm
Saturday	10am – 4pm
Sunday	Available upon request

FIND US

We are situated in the Leisure Club of the Crowne Plaza Hotel. Upon arrival, please report to the main reception of the Crowne Plaza, you will be issued with a key card and directed to the clinic.

Please arrive 10 mins prior to your appointment to enable you time to complete the medical questionnaire located in our leisure club waiting area.

**SPECIAL
OFFER**

ALL TREATMENTS*

- Weekdays only
- 8am – 11am (early bird)
- 3pm – 5pm (twilight)

*Excludes hot stones

60 MINS
£60
(£5 saving)

90 MINS
£68
(£12 saving)

Experienced Practitioner:

BSc (Hons) Nutrition | PGCE | Massage Certified - Premier Training International
Accredited with Westfield Health & Health Shield

Clientele:

World Snooker
Disney on Ice
Circus Soleil
Leeds Rhinos
England Rugby League Team