

## Couples Massage

Back	£55	(30mins)
Full Body	£85	(60mins)
(Price per couple)		

For lovers, friends or relatives to enjoy a treatment at the same time, in the same room, by two therapists. Perfect for a Valentines or Anniversary Treat, Mother's Day, Birthday or Christmas Gift, or just to spend some quality, therapeutic time together. This includes chocolates or strawberries, and a glass of Prosecco/wine or soft/hot drink.

## Four Handed Massage

Full Body	£45	(30mins)
Two therapists working together with synchronised and synergistic Swedish massage techniques for the ultimate experience in mental and physical relaxation. Both sides of the body are massaged in harmonious balance.		
		

## Spa Packages

60 minute <b>Spa Package</b>	£45
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- Aromatherapy Back Massage & Mini Facial OR
- Aromatherapy Back Massage & Reflexology OR
- Mini Facial & Reflexology

90 minute <b>Spa Package</b>	£60
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- Full Body Aromatherapy Massage & Mini Facial OR
- Luxury Holistic Facial & Reflexology Luxury Holistic OR
- Facial & Aromatherapy Back Massage

120 minute <b>Spa Package</b>	£75
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- Full Body Aromatherapy Massage & Luxury Holistic Facial

Add Hot Basalt Stones, CBD or Hot Himalayan Salt Rocks to any back or full body massages for an extra £5.

## Swedish Aromatherapy Massage

Back	£25	(30mins)
Back & Legs	£30	(40mins)
Full Body	£40	(60mins)

A powerful fusion of traditional massage combined with the highest grade of therapeutic grade essential oils. Following your consultation, individually recommended DoTerra oils are blended to work in synergy with Swedish techniques of effleurage and petrissage which include stroking, squeezing and kneading techniques to relieve tight, aching muscles, eliminate knots and toxins, support health and wellbeing, improve elasticity, circulation and bring about peace of mind.



## Lomi Lomi Hawaiian Massage

£40	(60mins)
This sacred Hawaiian full body massage brings balance between mind, body and spirit, raising spiritual energy and personal power (Mana) to bring inner peace and harmony, expand awareness, acceptance and presence. This treatment starts with smudging, setting intention, working with spirit guides and ancestors, using guided visualisation to balance your seven energy centres. An intuitive massage. Using forearms and hands, giving fluid, continuous strokes with added joint movement and stretches to provide deep relaxation and a feeling of timelessness.	
	

## Pregnancy Massage

£40	(60mins)
(From 13 weeks pregnant only)	
Maintain a healthy pregnancy by bringing calming wellbeing to mother and baby. This pre-natal massage stimulates endorphins, increases dopamine and serotonin to assist in reducing stress, fatigue and pain, reducing stiffness and cramps and brings balance to the nervous system. This massage helps improve skin elasticity to prevent stretch marks, boosts blood and lymph circulation, reduces swelling and water retention and improves muscle flexibility.	

## Sports Massage

Back	£30	(30mins)
Back & Legs	£40	(30mins)
Full Body	£50	(60mins)

Offered as an alternative to a deeper massage or as a pre or post training treatment. Including posture analysis on first consultation. Pre training massage is more vigorous to help to stimulate blood flow, warming the muscle tissues helping to prevent injury and lowering the chance of muscle soreness from upcoming exercise. This massage increases range of movement (flexibility and mobility), improving performance and lowering stress levels for more focused training.

Post-training massage is slower and deeper to help reduce DOMS (delayed onset muscle soreness) from the exercise by flushing out lactic acid and bringing blood flow balance. It helps to re-establish range of motion to tight muscles and reduce cramping, accelerating recovery time and boosting energy.

Myo-fascial (connective tissue), pressure point and soft tissue release will be included where necessary.



## Massage Parties available upon request, in spa or mobile

(Minimum 3 people)

Complimentary Prosecco / Soft Drink and Chocolates / Strawberries.  
(In spa offer only).

Please get in touch to discuss which treatments and refreshments you would like to include.

Spa days, Bath-bomb making workshops and Gift Vouchers are available.

Home visits incur an extra fee to cover travel expenses.

(Some services are not possible on home visits).



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## Lymphatic Drainage

Legs	£25	(30mins)
Full Body	£40	(60mins)

The body contains three times more lymph than blood. In order to flow correctly it relies on exercise, healthy eating, drinking enough water and deep breaths. Sometimes this fluid can become stagnant in certain areas or under stress. Working just under the surface of the skin this very light stroking technique drains impurities from the lymphatic system, helping to cleanse toxins from the body from pollutants, medications or chemicals. This massage strengthens our immune system as it is deeply connected to this. It reduces fluid retention which then allows clean lymph to flow, bringing nutrients to heal the area. The result is more energy and balance, less pain and stiffness and a reduction of swelling in the eyes, neck, legs, ankles or wherever there is a problem. Perfect if you just feel you need a good detox.



## Foot Reflexology

£30	(40mins)
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We have over 7,000 nerve endings in the feet. In this treatment these, as well as reflex points which represent various organs and systems within the body, and meridians which are linked with our yin and yang energy channels are stimulated. This improves physical function throughout the whole body, while clearing blockages in the energy channels. This leaves you feeling detoxed, revitalised, less pain and more movement.



## Pina Sweda Herbal Bolus

Full Body	£45	(60mins)
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Himalayan herbs are gathered, dried, ground and used to fill muslin bags. These are soaked in Ayurvedic oils selected from your consultation, then heated and massaged into the whole body. Great for instant relief of muscle and joint pain. It reduces stiffness, arthritis, cellulite and body fat while enhancing beauty and well-being.



## CBD Oil Treatment

Back	£30	(30mins)
Full Body	£45	(60mins)

Many people are rediscovering the amazing potential of the hemp plant. In this therapy full spectrum hemp cannabidiol is massaged into the body using Swedish technique and complementary drops are taken under the tongue. Known to help calm inflammation, reduce anxiety, relieve chronic pain and spasms, support overall health, improve sleep quality and is also neuro-protective.



## Luxury Holistic Facial

£45	(60mins)
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A thorough consultation and skin analysis will be assessed, followed by a double cleanse, hydrating steam and oxygenating ozone steam, gentle exfoliation, a nourishing 15 minute masque, while enjoying hand and arm massage, a soothing, re-plumping or re-generating oil massage with acupressure and lymphatic drainage techniques, a toner and an illuminating and re-hydrating moisturiser.



## Eco-Friendly, Holistic Day Spa

Hello my name is Rachel Clarkson. I am a level 3 qualified massage therapist and a DoTerra wellness adviser.

At Senses our ethos is to bring nourishment, protection and conscious well-being to both you and our beautiful planet.

All of our ingredients come from the highest quality of Natural, Organic, Fair-Trade, Vegan and Cruelty Free resources and our spa is sustainable which helps to reduce energy, water and waste.

Indulge your mind, body and soul with our healing music, herbal teas and essential oils while choosing one of our Ayurvedic and Aroma-therapeutic DoTerra oil massages.

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## Hot Himalayan Salt Rocks

Back	£30	(30mins)
Back & Legs	£35	(40mins)
Full Body	£45	(60mins)

These heated salt rocks contain 84 minerals to help strengthen and support the systems within your body. They draw out impurities and toxins and also are slightly exfoliating which increases skin regeneration, giving you a healthy glow while assisting in the anti-ageing process. They also produce negative ions to balance you from atmospheric activity. They maintain heat well throughout the massage to relax and soothe tight muscles and relieve aches and pains.



## Hot Basalt Stones

Back	£30	(30mins)
Back & Legs	£35	(40mins)
Full Body	£45	(60mins)

Smooth, warm volcanic river rocks are placed on specific points on the body while others are used to massage. This relaxes the body and mind and reduces pain and stiffness, releasing tension and increasing circulation which brings nutrients to the muscles and joints.



## Warm Bamboo

Back	£30	(30mins)
Back & Legs	£35	(40mins)

Swedish massage is used to warm and prepare the muscles, then heated bamboo is used to roll out knots and tightness. Thanks to the high silica content in the canes they give a restorative effect, helping to maintain the integrity and health of the skin, ligaments and tendons.



## Indian Head Massage

£30	(40mins)
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In this seated massage, pressure points on your head, neck, back and shoulders are stimulated with a variety of techniques such as squeezing, chanting, hacking and cupping. This helps to reduce stress and sleeping problems, relieves tension headaches and neck or shoulder pain, improves hair and scalp conditions, clears the sinuses, strengthens memory and concentration.



**THE ULTIMATE INFUSED MASSAGER**

Detoxifies the body by stimulating lymphatic drainage

Helps reduce energy levels by fighting fatigue

Prevents premature greying of hair

**Jetprint**

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