

# Complementary Therapy



**Julia Wood** BSc (Hons), MAR  
Complementary Therapist

To book a treatment please  
contact Spa Reception on  
01932 268979



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**Hand or Foot Reflexology:**  
**First Session includes Consultation:**  
70 mins ~ £69

**Follow Up: 55 mins ~ £69**  
Stimulating reflex points which correspond to organs and body systems promotes deep relaxation and stimulates the body's own healing process helping to improve circulation, boost the immune system and balance the body's energy flow.

**Hot Stone Reflexology:**  
**First Session includes Consultation:**  
85 mins ~ £81

**Follow Up: 70 mins ~ £81**  
In addition to various massage techniques warm stones are placed on the feet and lower legs providing deep heat stimulation to the muscles and inducing a state of bliss.

**Lymphatic Drainage Reflexology:**  
55 mins ~ £69 includes consultation  
85 mins ~ £104 includes consultation  
**and measuring of the damaged area for clients with Lymphoedema**  
Lymphatic reflex points are stimulated on the soles of the feet. Helps to drain excess fluid from affected areas for a simple detox as well as for clients with lymphoedema and oncology patients.

**Tsuboki Japanese Face Massage:**  
55 mins ~ £69  
Acupressure points (Tsubos) on the face and scalp are stimulated with a gentle yet powerful massage including the neck and shoulder area. Boosts circulation, reduces tension and regular sessions lead to naturally younger looking skin.

**Combined Treatments are also available for a more bespoke experience.**

**Indian Head Massage:**  
25 mins ~ £46 | 45 mins ~ £58  
Derived from the Indian healing system Ayurveda this deeply relaxing head massage includes the back, neck and shoulder area. Benefits the skin and hair and gives a feeling of calm. Performed with oils of your choice or without oil if you prefer.

**Aromatouch Technique:**  
55 mins ~ £69  
70 mins ~ £81 with Indian Head Massage  
Eight different certified pure therapeutic grade oils and blends from the doTERRA range are applied to the spine and soles of the feet for an invigorating yet grounding experience.

**Therapeutic Full Body Massage**  
55 mins ~ £69  
**Deep Tissue Full Body Massage**  
55 mins ~ £75

spa