

# ALTERNATIVE THERAPIES

Take some time out, whether to improve your health and wellbeing or to simply relax, with one of our alternative therapies. Alternative therapies have been used for centuries to restore the body's natural harmony, providing both mental and physical benefits. Our highly experienced therapists will take you to a new level of tranquillity, allowing you to experience true inner peace.

### Hot Stone Caress

**55 minutes £80 / 1 hour 25 minutes £110**

Indulge yourself in this ancient thermal massage experience. Warm basalt stones are used to provide a blissful deep tissue massage using skin-enriching oils to ease you into a state of pure relaxation. Muscle tension will melt away, leaving you with an incredible sense of calm and a higher state of bliss.

### Spa Reflexology

**55 minutes £75 Course of 6 £400** ♀️ 🌿

Reflexology involves an expert therapist massaging and manipulating pressure points within your feet to relieve muscle tensions and the stresses of everyday life. This is the perfect treatment for anyone who needs to restore harmony and balance into their lives.

Please note that as this is a highly specialised treatment, availability is therefore limited to certain days.

### Inner Strength Treatment

**55 minutes £75** 🌿

The treatment begins with a frankincense inhalation, followed by a foot cleanse with heated mitts. A rich, deeply nourishing oil is then applied to the palms of the hands and soles of the feet, followed by paraffin wax, renowned for its comforting properties. The back is then treated to a deeply nurturing massage with Inner Strength Body Oil, before massage techniques are incorporated onto the face and scalp, designed to deeply comfort, nurture and support. The Inner Strength treatment is ideal for anyone experiencing their own personal trauma, or simply those needing a nurturing treatment to help draw upon their own inner strength.

### Hopi Ear Candles

**45 minutes £55** ♀️ 🌿

Hopi Ear Candles are a pleasant, relaxing and non-invasive treatment of the ears, used to treat a variety of conditions. The candles draw out any impurities to the surface where they can be gently removed. This treatment is very beneficial for hay fever sufferers, sinus problems, snoring and migraines. After the ears have been treated a gentle lymphatic drainage massage will follow to enhance the effects of the candle and to help clear the system. Your therapist will then perform a shoulder, décolleté and scalp massage to leave you feeling totally relaxed and refreshed.

