


REST & RESET


A deep tissue massage with focused pressure and gentle stretches to ease tension and restore movement.



60 minutes £55
90 minutes £80

REST & RESTORE


A relaxing massage with gentle, focused tension relief, supported by healing crystals placed on key energy points to promote calm and quiet the mind.



60 minutes £55
90 minutes £80

BACK TO STILLNESS


A 30 minute focused back massage tailored to your body's needs using restorative or deeper focused techniques to ease tension and encourage calm.



30 minutes
£35

ELEMENTAL BALANCE


A relaxing warm stone back massage with gentle cooling touches to the face and a soothing scalp massage, cocooning you in calm and restoring balance.



60 minutes
£60

CRADLED IN CALM


A calming head, neck, and shoulder massage including rhythmic movements, gentle stretches, and supportive holds soothe the nervous system, leaving you calm, centred, and deeply cared for



30 minutes
£35

STONE & STILLNESS


A hot stone massage using warm basalt stones to relax muscles, ease tension, and envelop the body in comforting warmth.



60 minutes £60
90 minutes £85

GROUND AND GLOW

A calming back massage paired with a tailored facial to ease tension and restore radiance. Includes a gentle scalp and neck massage to encourage deep relaxation.



60 minutes
£55

EARTH MOTHER

A gentle, grounding pregnancy massage designed to soothe, support, and hold you as your body changes, bringing deep rest and calm



60 minutes
£60

