le spa

Holistic Therapies

Reflexology **25 minutes: £30** **50 minutes: £50**

An ancient Chinese and Indian therapeutic treatment that works on the principle that the whole body is represented by reflex points on the feet. Working deep pressure to stimulate all of the organs and glands to normalise their functions and activate the body's natural healing process.

A Reflexology course is recommended to achieve ultimate wellbeing from the treatment, purchase four and receive a fifth free!

Indian Head Massage **25 minutes £30** **35 minutes: £40**

A deep scalp, neck and shoulder massage focusing on acupressure points. Helps alleviate stress symptoms and create a feeling of calm in the mind and body. This is also suitable after the first three months of pregnancy.

Hot Stone Therapy Back **35 minutes: £40** **Full Body 80 minutes: £80**

Working with thermotherapy your therapist will alternate hot and cold stones to provide a deep penetrating massage.

Stone therapy goes beyond the physical experience of typical massage and enters deeper dimensions of relaxation, health and well-being creating a positive approach to the "mind, body and spirit"

Ear Hopi Candles **50 minutes: £40**

Ear candles are an ancient, mild and natural therapy and have been used by the Native American Indians for many years.

The gentle therapy may be used to treat many ailments including migraine and headaches; catarrh, sore throats, sinusitis and blocked ears. Relax with the warming, scented sensation and drainage facial.

Non Members welcome

*Le Spa members receive a 10% discount!**