

# Aromatherapy Massage

Aromatherapy massage uses essential oils to activate your sense of smell and increase your sense of well-being. This is a holistic therapy, which means it's designed to treat your overall needs, not just one symptom. The essential oils used in aromatherapy are powerful and are extracted from plants, shrubs, flowers, bark, peel, resin, grasses, fruits, roots, trees, petals, stems or seeds.

Our therapist will take a full medical history and details of lifestyle, this will help decide which essential oils are most appropriate for you. After carefully choosing your essential oils, the therapist will blend them with what is called a "carrier" oil

The blend of oils work on many levels by entering the blood stream via the skin through the smooth, flowing massage and through inhalation to act on our nervous system. The powerful combination of the oils and massage instils a sense of deep relaxation and calm. Every session is tailored towards you, your health and your mood at the time, so every massage is unique.

Aromatherapy massage not only aids relaxation but improves circulation, it may also help relieve stress and anxiety, improve sleep, ease tired aching muscles and can improve skin tone and condition. For the oils to work to their full potential they should be left on skin for at least 6 hours and the effects of the treatment may last up to 36 hours.

**FULL BODY – 1¼ HOUR - £50** includes back, neck, shoulders, arms, hands, legs and optional abdomen and feet.

**LUXURY FULL BODY INCLUDES HEAD & FACE - 1½ HOUR - £55**

## Luxury Holistic Aromatherapy Facial

During this bespoke luxury facial our therapist will cleanse, tone and exfoliate skin before choosing Aromatherapy oils suited to your particular skin type, you will then enjoy a relaxing shoulder, neck and face massage after which a mask will be chosen to suit your needs, mixed with the oil blend and applied to your skin. While the mask is setting you will also enjoy a fantastic hand massage. This is a truly holistic experience and guaranteed to make you feel wonderful

**1 HOUR 15 mins - £45**

Treatment time includes 15 minute consultation

