

SPA MENU

Body Massage:

30 minutes - £30 | 60 minutes - £50 | 90 minutes - £65

Massage can be deep to release muscle tension or more gentle and calming to completely relax you. A combination of different massage techniques, such as Swedish, Sports and Deep Tissue, complimented by therapeutic fragrant oil gives you the massage you need.

Aromatherapy Massage:

60 minutes - £50

Essential oils have many healing and therapeutic properties. Sarah blends these deliciously aromatic plant essences specifically for you, and applies them using an aromatherapy massage. Much gentler than a Swedish or deep tissue massage, the focus of this treatment is on the therapeutic action of the oils on your body and nervous system as they are inhaled and absorbed through your skin.

Reflexology:

60 minutes - £40

A deeply relaxing holistic treatment, performed on the feet using specific and potent techniques to provide a balancing treatment that brings health and vitality to the whole of your body. Beneficial for numerous conditions, reflexology is highly recommended to counteract the effects of stressful lives and as a suitable treatment during pregnancy (after the first trimester).

Aromatherapy Facial:

60 minutes - £55

A tailor-made facial designed for you. Using aromatherapy based products your skin is cleansed, exfoliated and nourished with the finest pure essential oils and plant extracts, and massaged to restore and nurture, leaving your skin looking radiant and you feeling fantastic.

BEACH SPOKE

Facial Rejuvenation Massage:
60 minutes - £50

This revolutionary facial is often also referred to as 'Natural Facelift Massage'. The treatment starts with a cleansing of the skin followed by energy work on pressure points of the face. Then an involved, precise series of unique massage techniques are performed, without oil, to tone muscles and release fixed areas of tension in the connective tissue. It nurtures the skin by encouraging circulation and lymph drainage and is outstandingly relaxing.

Reiki:
60 minutes - £45 | 90 minutes - £60

A healing energy that is transmitted to the recipient's body through the hands of the practitioner. Sublimely relaxing on a physical, emotional and spiritual level. Whatever your circumstances a Reiki treatment, with its pure, holistic outlook can enable subtle, wide-reaching and sometimes unexpected changes to occur. Some people prefer a Reiki treatment because there is no need to undress.

Indian Head Massage:
30 minutes - £25

An invigorating and effective seated massage usually performed without oil and through light clothing such as a t-shirt. This treatment focuses on releasing muscular tension in the upper back, shoulders, neck and scalp.

Thai Foot Massage:
30 minutes - £25

Thai Foot Massage is a massage of the lower legs and feet that involves hands on stretching and massage to ease aching feet and to "open" Sen (energy) Lines, along with the use of a rounded stick to stimulate points on the feet to promote general health and well-being.

Please note that Sarah charges a surcharge of £10 for trips to Moushole and Praa Sands.