



Deep Tissue Treatment 45-60 minutes £45.00

Targeted work to release chronic muscle tension, stiffness, and fatigue caused by physical work or repetitive activity

Remedial & Clinical Treatment 40-60 minutes £45.00

A focused treatment for conditions such as Frozen Shoulder, Tennis Elbow, Plantar Fasciitis, etc.

Therapeutic Relaxation Massage 60-75min £45.00

Quiets the nervous system, alleviating stress and supporting better sleep quality

Hot Stone Massage 75mins £50.00

This treatment blends soothing heat from warm stones with targeted massage techniques to ease muscles, boost circulation, and leave you deeply relaxed

Advanced Facial Massage 60 mins £30

Targets deep facial tension, TMJ, sinus issues, and headaches. Lymphatic drainage, myofascial release, and calming scalp massage, using a bespoke blend of wild-harvested oils.

Seated Chair Massage 60 mins £45

Accessibility & Comfort. Ideal for those who find massage tables difficult. Stay fully clothed or use oils with a vest top

Your session time is dedicated entirely to your chosen treatment. Consultations and assessments are conducted outside of your "hands-on" time to ensure you receive the full therapeutic benefit you've booked.

 07775 991523 — Call or text Susan to book

 Facebook: <https://www.facebook.com>

 WhatsApp::

 Website: holistictherapyclinic.co.uk