



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.

The Unwind Full Body Massage 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

The Unwind Face, Neck & Scalp 60 mins £30

A relaxing massage covering the neck, face and scalp. The facial massage can be adapted to focus on areas of tension, such as jaw tension, TMJ, headaches or sinus pressure, while maintaining an overall relaxing treatment

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

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