



# In Lodge Therapies

AVAILABLE THURSDAYS & SATURDAYS

## BACK, SHOULDER & NECK MASSAGE

Treatment of 30 minutes focusing on the back, shoulder & neck. Relieving stress, encouraging relaxation, improving circulation and relaxing muscles

30 minutes | £45.00 or 45 minutes | £55.00

## FULL BODY MASSAGE

In a full-body massage, a therapist will massage the entire body during a therapeutic massage. Available in 60 or 90 minutes which allows enough time to work all over the major areas of the body like the back, shoulders, legs, feet, arms, hands, neck & head

1 hour | £65.00 or 90 minutes | £85.00

## HOT STONE MASSAGE

The stones combine thermotherapy with massage strokes to provide a deep, relaxing treatment. The heat from the stones allows the skin to absorb moisturising oils, in addition to preparing the muscle for a deeper massage.

1 hour | £75.00 or 90 minutes | £95.00

## WARM BAMBOO MASSAGE

Warm bamboo delivers a deeper massage, using the different lengths & widths of bamboo to allow all areas of the body to benefit. A deep, healing and relaxing treatment. The heat from the bamboo allows the skin to absorb moisturising oils in addition to preparing the muscle for a deeper massage.

1 hour | £65.00 or 90 minutes | £85.00

## PREGNANCY MASSAGE

Massage during pregnancy can boost circulation, reduce anxiety, decrease symptoms of depression, relieve muscle aches and joint pains and improve outcomes and newborn health. Advised for 1 hour maximum

1 hour | £70.00 (NOT AVAILABLE DURING THE FIRST TRIMESTER)

## NATURAL FACE LIFT MASSAGE

We hold a lot of tension in our faces, this is where we show all our emotions & for that reason, this treatment is pure bliss! Not only does this facial massage leave you feeling totally relaxed, skin will feel refreshed and radiant.

45 minutes | £50.00

## BEAUTY FACIAL

A treatment designed to leave you feeling relaxed and re-energised. This treatment lasts approximately 45 minutes, you can add the natural life massage to create a 90 minute treatment.

45 minutes | £50.00 (Combination of both facial and natural face lift massage | £85.00)

## INDIAN HEAD MASSAGE

This is a seated massage, promoting a healthy scalp and hair helping to induce relaxation & provides relief from aches & pains. It is calming and relaxing, leaving clients feeling energised, revitalised, stimulated and able to concentrate.

30 minutes | £45.00

## Blanche Bio

Blanche trained at the prestigious London School of Massage, a registered member of the federation of holistic therapists and an advanced practitioner, Blanche strives to constantly improve and update her skills with continuous professional development to ensure a unique, quality treatment is delivered to each and every one of her clients.

TO BOOK PLEASE CALL 016973 21857

