

AQA SPA MASSAGE TREATMENT

MASSAGE

Helps to relax muscles, ease away tension and relieve aches and pains.

Full body £54 (allow 50 minutes)

Back/Neck £34 (allow 25 minutes)

AROMATHERAPY MASSAGE

Uses essential blends to add to well-being within the body, mind & soul with a selection of oils that suits you best.

Full body £54 (allow 50 minutes)

Back/Neck £34 (allow 25 minutes)

RELAX PACKAGE

Relax and unwind with a combination of a full body massage and Indian head massage, using aromatherapy oils with a selection that suits you best.

.....£79 (allow 75 minutes)

UNWIND PACKAGE

Head massage, body massage and foot massage using aromatherapy oils to leave you relaxed and at ease.

.....£65 (allow 50 minutes)

DEEP TISSUE MASSAGE

Using firmer pressure, a massage designed to release tight layers of muscles & tissue to restore movement to relieve pain, muscle spasm and stress.

.....£74 (allow 50 minutes)

.....£49 (allow 25 minutes)

INDIAN HEAD STYLE MASSAGE

A relaxing therapy on an ancient ayurvedic healing system to melt away tension that accumulates in everyday life.

.....£34 (allow 25 minutes)

BODY CLEANSE WITH MASSAGE

Using specialised oils to renew your skin, get rid of toxins, initially with base oils, followed by relieving cleansing oils through a full body massage to help you relax and unwind.

.....£69 (allow 70 minutes)