



WARM  
**WAVES**  
TREATMENT MENU

# MASSAGES

## Personalised Wellbeing Massage

Immerse yourself in a bespoke wellness experience with our personalised wellbeing massage, tailored to your unique needs and preferences. Our skilled therapists will assess your specific concerns and select techniques from various modalities, including Swedish, deep tissue, and aromatherapy, to create a truly customised treatment. This holistic approach not only targets areas of tension but also promotes relaxation and balance, leaving you feeling rejuvenated and harmonious.

60 minutes	£170
90 minutes	£260
2 hours	£310

## Deep Tissue

Experience the power of a deep tissue massage that targets the deeper layers of muscle and connective tissue. Our skilled therapists use firm pressure and specific techniques to relieve chronic pain, tension, and tightness. Ideal for athletes or anyone seeking relief from muscle soreness, this treatment promotes healing and relaxation, leaving you feeling balanced and revitalised.

60 minutes	£170
90 minutes	£230
2 hours	£330

## Swedish Massage

Indulge in a relaxing Swedish massage designed to soothe your body and mind. Using long, flowing strokes and gentle kneading techniques, this treatment promotes circulation and relaxation, easing tension and stress. Perfect for those seeking a gentle yet effective way to unwind, the Swedish massage leaves you feeling rejuvenated and refreshed.

60 minutes	£150
90 minutes	£200
2 hours	£270



## Indian Head Massage

Immerse yourself in the ancient art of Indian head massage, a soothing treatment that focuses on the head, neck, and shoulders. This technique uses rhythmic strokes to release tension and improve circulation, promoting relaxation and mental clarity. Ideal for those experiencing stress or headaches, this massage encourages a sense of tranquility and wellbeing.

15 minutes	£35
30 minutes	£55
45 minutes	£85

## Hot Stone Massage

Discover the bliss of a hot stone massage, where heated stones are placed on specific points of your body to melt away tension and promote deep relaxation. The warmth of the stones enhances the therapeutic effects of the massage, allowing for deeper muscle relaxation. Ideal for those seeking to unwind and alleviate stress, this luxurious treatment will leave you feeling balanced and serene.

60 minutes	£150
90 minutes	£210
2 hours	£290

## Aromatherapy Massage

Transport yourself to a world of tranquility with our aromatherapy massage, combining the therapeutic benefits of essential oils with gentle massage techniques. Tailored to your needs, the selected oils promote relaxation, rejuvenation, or invigoration, enhancing your overall wellbeing. This holistic treatment not only nourishes your body but also uplifts your spirit, leaving you in perfect harmony.

60 minutes	£160
90 minutes	£210
2 hours	£280

## Four Hands Massage

Elevate your relaxation with our unique four hands massage, where two therapists work in harmony to provide a synchronised and immersive experience. Using fluid movements and seamless coordination, this treatment combines various techniques to induce a state of deep relaxation. Perfect for those looking to escape and indulge in a truly luxurious experience.

60 minutes	£300
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# PREGNANCY

## Pre and Postnatal Massage

Experience the nurturing touch of our pre and postnatal massage, specifically designed to support mothers-to-be and new mothers. This soothing treatment alleviates discomfort associated with pregnancy and promotes relaxation, while also addressing muscle tension and fatigue post-birth. Safe and restorative, this massage provides a moment of calm and care during a transformative time.

60 minutes	£150
90 minutes	£200
2 hours	£270