

## TREATMENT MENU

### **YU SPA HOT STONE MASSAGE BACK, NECK, & SHOULDERS**

Relieve muscle tension and pain as small stones are placed on key energy points of the body, evoking an aura of warmth. The deep penetrating heat from the stones is used to massage the body to ease muscles and deeply relax the mind and body.

**MON-THURS (30MINS) - £46**

**FRI-SUN (30MINS) - £53**

### **PERSONALISED MASSAGE**

Relax and recharge with a deep rhythmic pressure massage that gives the whole body a vigorous workout. Combined with specially blended oils, this treatment is tailored to the individual's needs, focusing on relieving muscle aches and tension.

**FULL BODY (60 MINUTES)**

**MON-THURS - £70**

**FRI-SUN - £78**

**BACK, NECK & SHOULDERS (P\*)**

**MON-THURS - £43**

**FRI-SUN - £51**

\*not recommended during the first trimester

### **HOLISTIC THERAPY: REIKI (P)**

This natural healing art originated in Japan and restores the natural balance in the body using the energy which is all around us. Hands are placed in a sequence of positions around the body to channel energy forces and promote a sense of wellbeing and calm.

**MON- THURS (60 MINS) - £47**

**FRI- SUN (60 MINS) - £52**

### **REFLEXOLOGY (P\*)**

Reflexology encourages the body to work naturally to restore its own healthy balance. Treatment involves applying pressure to the precise reflex points on your feet.

\*Not recommended within first trimester

**MON-THURS (60MINS) - £55**

**FRI- SUN (60MINS) - £60**