

MASSAGE BROCHURE



SWEDISH MASSAGE

Our Swedish massage treatments are designed to soothe, ease and relieve all of your body's stiffness and tension by using slow sweeping movements to help your body move into a state of complete tranquillity.

Recommended for those who are stressed and need to shut off, those new to massage and clients who want their tense achy areas maintained and kept under control.

Back, neck and shoulder
30 minutes - £25

Full body
60 minutes - £45

Full body including face and scalp
80 minutes - £60

DEEP TISSUE MASSAGE

Our deep tissue treatments are built to help improve sore areas on the body caused by tension that is much deeper down from the bodies surface.

Completely focused on your areas of concern the treatment is aimed at those with problematic and achy areas, those who participate in sports or have a very active lifestyle.

**Back, neck and shoulder
30 minutes - £28**

**Full body
60 minutes - £50**

**Full body including face and scalp
80 minutes - £65**

HOT STONES MASSAGE

Melt away in our indulgent hot stones massage which aims at relieving all your aches and pains, incredible in those colder months!

Slow movements penetrate deep into the muscles and is thoroughly recommended for those who want to treat themselves to something special, those who want the benefits of a deep tissue without the firmer pressure or if you want a more luxurious treatment.

**Back, neck and shoulder
30 minutes - £28**

**Full body
60 minutes - £50**

**Full body including face and scalp
80 minutes - £65**

TAILORED MASSAGE

We will always try to adapt a treatment to a client as best as possible , opting for our completely tailored massage allows an extended time for consultation and a complete mix of massage types can be used, including hot stones. It allows our therapists to be able to truly give the best treatment for more specific needs!

Recommended for those who want more than one type of massage , those who are new to massage or if you have more specific concerns.

**Back, neck and shoulder
30 minutes - £30**

**Full body
60 minutes - £55**

**Full body including face and scalp
80 minutes - £70**

INDIAN HEAD MASSAGE

A more holistic approach, indulgent and a tension detox for the upper body. Concentrating on the scalp, face, neck, shoulders and arms.

We recommend this to clients who have been under a lot of stress , those who have a lot of tension in the upper body or clients who feel like they really want that more holistic touch in a treatment.

40 minutes - £32

SNS MASSAGE

A classic shoulder, neck and scalp massage is a swift and effective way of removing all that strain from your body.

Is bad posture is making your neck ache? Sitting at a desk job all day? This treatment would be perfect for any of those concerns!

30 minutes - £25

FOOT & LEG MASSAGE

Sometimes those tires achy legs can keep you up all night! Its hard to deal with a busy lifestyle if you constantly feel like your body is slowing you down.

Pop your feet up and treat yourself to a much needed massage.

30 minutes - £25

SOUNDS GOOD RIGHT!

Availability to book from April 1st !

**Please message via our Instagram,
Facebook or Email at
Halcyonholisticsuk@gmail.com for more
details!**

