

The Relaxation Room at *Grange Hotel*

T r e a t m e n t L i s t

Specialist Wellbeing and Beauty Service for you to enjoy during your stay

Aromatherapy Massage	30mins 60 mins	£25.00 £45.00	pre-blended using essential oils, tailored to preference, choose the duration
Extended Back Massage	60 mins	£45.00	Back Massage including Legs, can be adapted for specific ailments
Holistic Massage	30mins 60mins 75 mins 90 mins	£25 £45 £55 £70	Tailored to your requirements, combined techniques to enhance your appointment
Ultimate Full Body	2 hrs	£90	Fusion of Aromatherapy, Holistic, Hot Stone and Reflexology Therapy
Body Scrubs	25 mins 60 mins	£30.00 £50.00	includes cleanse, exfoliation, massage and moisturise with oils or lotions
Body Scrub & Wrap	60mins 90 mins	£60 £75	Body Scrub followed by application of Hot Oil or Lotion with wrapping
Hot Stone Massage	60 mins 120 mins	£50 or £95	using volcanic basalt rock to heat and manipulate giving a deep pressure effect
Reflexology	30 or 60 mins	£25 or £45	precise pressure applied to the feet in a flowing sequence for full body effect
Facials			
Mini Facial	15mins	£20	includes facial cleanse and tone, massage, moisturise
Specialist Facial	30 mins	£35.00	includes facial cleanse and tone, massage, moisturise, neck/shoulder massage
Holistic Facial	60mins	from £45.00 to £60	includes facial cleanse and tone, massage, specialist product and extended head / neck / shoulder massage
Manicures & Pedicures			
File and Polish - Fingernails or Toes	30mins	£20	Shape and Polish
Luxury Manicure or Pedicure	60mins	£30 / £35	Shape, Cuticle care, Massage, Polish applied