

**Swedish Full Body Massage (1 hr) £60**

Light strokes, rolling and kneading to give an uplifting relaxed massage to help circulation of the blood and energise you. This treatment can help ease pain, tension, and fatigue.

**Therapeutic Full Body Massage (1hr) £60**

More pressure than the Swedish massage and a very good option if you're suffering from muscle problems. This uses slower strokes and deep finger pressure to relieve tension from the deepest layers of your muscles and connective tissue, helping heal muscle injury.

**Aromatherapy Full Body Massage (1hr) £60**

Aromatic scented oils incorporated into alternating massage using gentle and harder pressure whilst being uplifted with the wonderful aromas and the healing properties of the oils. This treatment can increase mood, help with relaxation, and ease tension.

**Indian Head Massage (40mins) £55**

Massaging of acupressure points along the head, neck and shoulders using circular massage strokes to improve hair and scalp condition. This treatment can relieve headache symptoms, stimulate lymphatic drainage, and enhance your quality of sleep.

**Hand & Foot Massage (20mins) £40**

Helps ease pain and increase hand strength. It can compliment medical treatments and improve numbness whilst aiding relaxation.

**Hot Stone Therapy (1hr) £75**

Helps ease tense muscles and deep tissue using flat basalt stones. It is a specialist massage, placing the stones along the body and using them alongside normal massage. These act like a deep tissue massage with less aches and pains. This treatment can help you relax your mind and body, easing the stress of everyday life.

# Pure Spa

at



## CROYDON HALL

HOTEL AND RESTAURANT

### Therapy Packages

**Pure Bliss £75**

Aroma back, neck & shoulder massage combined with a soothing scalp and hair treatment using pure coconut oils combed through the hair.  
(Evening session recommended as hair wash required)

**Swift Escape £75**

Aroma back, neck & shoulder massage combined with a facial massage using cleaning and moisturising oils to help nourish the skin.

**Earth Sensation £75**

Hot stone massage therapy combined with back exfoliation using a scrub to eliminate dead skin cells, relaxing your tired and achy muscles, and rejuvenating your wellbeing.

**Ultimate Serenity £75**

Indian head massage therapy combined with hot stone full body massage. The ultimate way to alleviate the mind and soul from any stress and strain.

**Restore Yourself £75**

Indian head massage combined with a nurturing hand, feet, and leg massage.

**Stone Haven £75**

Full body hot stone massage therapy.

**Back, Neck & Shoulder Massage (40mins) £50**

Oils are used to release tension and help soothe tight muscles resulting from incorrect posture or over-use. This massage applies pressure to muscles to increase oxygen flow in the blood and release toxins from the affected area. This will help ease your muscles & increase relaxation.

**Aroma Back, Neck & Shoulder Massage (40mins) £50**

Uses a blend of essential oils to relieve stress and tension. The oils penetrate the skin and relax the body, long after the treatment. This can help to relieve muscle tension and relax the mind.

**Leg Massage Including Feet (30mins) £50**

Specifically targets your thighs, hamstrings, and calves to relax your muscles with great benefits, targeting sore muscle groups. This can improve your circulation and ease muscle strains or pains.

**Aroma Leg Massage Including Feet (30mins) £50**

Firm massage techniques which can help reduce fatigue and improve sleep quality. Using special blends of aromatic oils to help elevate, relax, and uplift muscular pain.

**Crystal Full Body Therapy (1hr) £60**

Raise's your level of overall wellness through clearing, energising, and balancing. Using crystal in massage can not only reduce muscle pain and calm your mind but also release blocked energy stored in the mind and soul.

**Aroma Crystal Therapy Full Body Massage (1hr) £65**

Incorporates gentle massage techniques alongside using aromatherapy oils and healing crystals to help boost, balance, and uplift your mood. This therapy can clear, balance, and uplift your mind and soul, removing blockages with the body.