



# Saba Serenity

## Deep Tissue Massage

Deep Tissue Massage is primarily used to treat chronic pain and muscle and sports related injuries. Deep tissue targets the inner layers of your muscles while still promoting relaxation. Knuckles, forearm and elbows are used to treat muscle and tendon injuries as well as pain and stiffness in your major muscle groups and joints.

45 minutes .... £60

60 minutes .... £70

## Sports Massage

A sports massage focuses on enhancing circulation, increasing tissue elasticity and reducing muscle tension. Sports massage is also used to help relieve tight muscles. Muscle tightness can limit flexibility increase pain and cause future injuries. Tailored movements are used to reduce pain, inflammation, discomfort and to reduce the long term impact and future injuries.

45 minutes .... £60

60 minutes .... £70



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## Orchid Dream

Feel yourself drift into a world of relaxation with our Orchid Dream. Enjoy a luxurious full body massage using acupressure techniques and essential oils mixed specially for you to help relieve stress and tension as well as easing aches and pains caused by everyday life. Allow the oils to soak in while receiving an express facial with face mask then finishing with our relaxing pressure point scalp massage. This treatment can be adapted to focus on certain areas of pain for those suffering from chronic pain or injuries.

*120 minutes .... £105*

## Lotus Revival

Revive, re-energise, and re-invigorate with our Lotus Revival. Using tools and techniques inspired by traditional Chinese medicine this treatment will relieve aches, pains and tension while stimulating blood flow and circulation. Using guasha's, cupping therapy and manual massage this treatment is guaranteed to leave you feeling on top of the world.

*30 minutes .... £50*

*60 minutes .... £70*