

## TREATMENTS AT THE OAKSMERE

**AROMATHERAPY MASSAGE (60 Mins) 80**

Aromatherapy massage using blended essential oils, this treatment is a gently relaxing treatment where the focus is on the oils absorbed into the skin. These oils help melt away aches, pains, and stresses from the day.

**BESPOKE MASSAGE (60 Mins) 85**

This can be a combination of treatments, using blended oils and tailored to your needs. Combining deep tissue massage and aromatherapy, targeting specific areas of the body if needed. You will be left feeling relaxed and ready for the day.

**THERAPEUTIC MASSAGE, INCLUDING EXFOLIATION TREATMENT (60 Mins) 90**

This is a wonderful massage treatment if you are wanting to detox and rejuvenate the skin. We start the treatment with a dry body brush to the legs (back and front) and back, we then apply a steamed towel, to encourage the removal of toxins, this is followed by a stimulating sea salt scrub of citrus and eucalyptus. The treatment is followed by a wonderfully relaxing massage of the back.

**HOT STONES MASSAGE (60 Mins) 95**

This is a relaxing massage using heated stones to relax aching muscles. Warmed blended oils are applied to the body and the heated stones are used to give a wonderfully relaxing massage.

**COUPLES MASSAGE (60 Mins) 130**

A wonderful opportunity to relax whilst enjoying a massage treatment together, either with your partner, best pal, or family member. The treatments can be varied to individual needs but does include a full body treatment using a selection of blended essential oils.



*All appointments must be pre booked in advance with our reservations team, we are unable to guarantee last minute requests upon arrival.  
Our therapists have received additional training on health and safety protocol and will be provided with additional safety equipment to wear during all appointments.  
Please shower before your treatment.  
A consultation form will be sent to you prior to your arrival, which must be completed so that we can pass your information on to your therapist before your treatment takes place. Please note that we are currently unable to offer facials or pregnancy treatments.*