

every session as individual as you

Soul to Sole Signature Treatments

A fabulous holistic top to toe pamper to ensure complete relaxation.

Foot soak/scrub
Neck/shoulder aromatherapy massage
Facial reflexology
Eye pillow or crystal eye mask
Hand scrub followed by hand/arm massage
Foot reflexology
Reiki

Express Package - 60 minutes £55
Signature Package - 75 minutes £70
Luxe Package - 90 minutes £85
Ultimate Package - 105 minutes £99

Reflexology - Face, Feet or Hands

Reflexology helps to activate the healing powers of the body. The face, feet and hands contain reflex points that correspond to all the major organs, glands and body parts.

I have undertaken additional training to incorporate treatment protocols for stress and women's health.

60 minute session £50

Upgrades

Foot soak & scrub (extra 10 mins) £10
Back cleanse and scrub £5
"Aaahhh!" Cooling Balm £5
Heated eye mask £4

Pregnancy Packages

Mama To Be Signature Package

Everything an expectant Mama could want to ease those aches:
Foot soak/scrub/massage, back massage, scalp and facial massage.

60 minute session £59

Mama To Be Ultimate Package

The ultimate relaxing and soothing treatment for pregnant mamas to be:
Foot soak/scrub/massage, back massage, hand/arm massage, facial reflexology/scalp massage.

90 minute session £85

Reiki with Crystal Healing & Chakra Balancing

Reiki is an holistic energy treatment, working the whole body and mind. It stimulates the body's natural healing abilities.

Relevant crystals will be chosen for each chakra (7) based on a detailed consultation - every session will be completely bespoke.

You will remain clothed throughout.

60 minute session £50

Temple Spa Facials

Driven by over 20 years of scientific research, Temple Spa is a conscious British brand that marries Mediterranean sunshine with leading derma science for clinically proven results.

60 minute session £55

Hydrate & Soothe

Purify & Balance

Glow & Radiance

Your facial will include a hand scrub followed by a nourishing hand and arm massage.

Instead of a facial massage you will be treated to 20 minutes of facial reflexology.

You will receive complimentary mini skincare products to take away.

Massage Therapy

Massage Therapy is the management, manipulation and rehabilitation of soft tissues of the body, which includes muscles, tendons and ligaments.

I offer the following types of massage:

Sports, myofascial release, aromatherapy, therapeutic, oncology, Indian Head Massage.

60 minute session £55

Mix and Match

Not sure what treatment to have? Fancy trying a taster of something different? Why not try one of our mix and match packages?

30 minute massage £50
30 minute reflexology

30 minute reflexology £50
30 minute Reiki

30 minute massage £55
30 minute mini-facial

30 minute massage £79
30 minute reflexology
30 minute Reiki

45 minute massage £79
45 minute reflexology

45 minute massage £85
45 minute facial

Scan the QR code below to see more Mix and Match combinations.

Don't see a combo you like? Get in touch and we can create one for you.

