

HOLISTIC TREATMENTS AT STAMFORD MEADOWS GLAMPING

Massages

Relieve aches and pains with deep tissue massage; eases tension and relaxes your body.

Full body	1 hour	£80.00
Back, neck, shoulders and head	40 minutes	£55.00
Legs and feet	30 minutes	£40.00

Thermal Auricular Therapy

A natural ear cleansing technique using Canadian ear candles with aromatherapy oils together with a gentle lymphatic facial.

With face massage	£55.00
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Indian Head Massages

One of the oldest known therapies boosting energy and aiding relaxation. Massage of shoulders, head, face and neck.

Massage with oil	40 minutes	£60.00
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Reflexology

Harmonises mind, body and spirit rebalancing the whole body, stimulating the body's natural energy flow.

Feet	£55.00
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Facials

With essential oils and serums for soothing, balancing and purifying your skin. Cleanses, exfoliates, use of steam towels and masque massage to suit your individual needs.

Facial	£55
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Manual Lymphatic Drainage Massage

A gentle tension relaxing massage.

Massage	£60
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All prices inclusive of VAT



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