

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	£70.00
Back, neck, shoulders and head	40 minutes	£50.00
Legs and feet	30 minutes	£35.00

Thermal Auricular Therapy

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

With face massage	£50.00
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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	£55.00
Massage without oil	40 minutes	£40.00

Reflexology

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

Feet	£50.00
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Mindful Meditations

A combination of meditation, mindful movement and discussion. Very well suited to small groups. Price on request depending on the number of people but as a guide for a small group of four people it would be £15 per person per hour.

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	£50
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Manual Lymphatic Drainage Massage

A gentle tension relaxing massage.

Massage	£55
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