

WELLBEING RETREAT AT STAMFORD MEADOWS GLAMPING

YOGA CLASSES

We are happy to adapt our yoga classes for individual requests including for couples and hen parties! We teach hatha yoga, breathwork (known as pranayama in Sanskrit) and meditation. All classes are completely inclusive of ability and gender and can be adapted around any injuries or mobility issues.

Couple classes	60 minutes	£55
Three or more	60 minutes	£20 per person

HOLISTIC TREATMENTS

Massages

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

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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Sports Physio Massage

This massage helps to release muscle pain and tension and restore movement.

Sports physio	45 minutes	£70.00
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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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