

THE OLD BARN 1844

LUXURY IN-STAY WELLBEING

Massage, Reflexology & Wellbeing Treatments

Make your stay at The Old Barn even more special with a professional treatment in the comfort and privacy of the property. We work with a selection of experienced, qualified therapists, offering treatments to help you relax, ease muscular tension or support recovery.

RELAXATION MASSAGE

A calming, restorative massage designed to release everyday tension and encourage deep relaxation. The treatment may focus on the full body or selected areas.

SPORTS MASSAGE

A firmer, more targeted massage for tired, tight or overworked muscles - ideal after walking, cycling, exercise or travel.

LYMPHATIC MASSAGE

A gentle, rhythmic treatment intended to support the body's natural lymphatic system and promote a sense of lightness and wellbeing.

CUPPING THERAPY

Specialist cups are placed on selected areas to help release muscular tightness and support circulation. Temporary circular marks may remain.

REFLEXOLOGY

A deeply relaxing treatment focused on pressure points in the feet, designed to promote relaxation, balance and an overall sense of wellbeing.

TREATMENT LENGTHS & PRICES

60 MINUTES - FROM £85

90 MINUTES - FROM £120

BOOKING YOUR TREATMENT

Treatments are available during your stay and are subject to therapist availability. Advance booking is strongly recommended, particularly for weekends and peak periods. Please contact your host with your preferred treatment, date, time and appointment length.

Please note: Prices may vary according to the treatment selected and the therapist providing it. The final treatment, time and price will be confirmed before booking. Please disclose any relevant health conditions, injuries or areas of concern so the therapist can confirm suitability. Cupping may leave temporary marks.

Because every relaxing stay deserves a little extra indulgence.