Nurturing Mind, Body, and Soul:
Research has shown that massage therapy promotes the release of endorphins, which help reduce anxiety, improve mood, and enhance overall emotional well-being. This allows you to nurture all aspects of yourself.

Restoring Balance and Harmony:
Massage therapy plays a vital role in rebalancing the body's energy flow. This restoration of balance enhances the body's ability to heal itself, boosts the immune system, and allows you to navigate life's challenges with greater ease.

Enhancing Self-Awareness:
As you receive massage therapy, you become more attuned to the sensations and signals of your body. This heightened self-awareness empowers you to recognize areas of tension, stress, or discomfort, enabling you to take proactive steps towards maintaining optimal health.

Creating a Sacred Space for Yourself:
Self-care is about carving out dedicated time and space for yourself amidst the demands of daily life. The serene ambience, soothing music, and skilled touch of your massage therapist creates a sanctuary where you can disconnect from external pressures and reconnect with your inner self, feeling safe and cared for.

Cultivate a Positive Relationship with Your Body:
Massage therapy provides physical benefits and fosters a positive relationship with the body. Through touch and therapeutic techniques, massage therapists promote self-acceptance, self-love, and appreciation for the body's resilience.

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Massage & Holistic Therapist

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Thea's

Holistic Wellbeing

Massage & Holistic Therapist

Therapies & Prices 2026

Nurture Your Body

Refresh Your Mind

Renew Your Spirit

Back Massage - £30/£40
A back massage using natural oils is a relaxing treatment focused on easing tension in the back, shoulders, and neck. Using smooth, flowing techniques and nourishing plant-based oils helps release tight muscles, improve circulation, and leave you feeling calm, comforted, and restored.
(30 or 45 minutes)

Full Body Massage - £50
A full-body massage with natural oils is a soothing, restorative treatment that relaxes the body and calms the mind. Gentle, flowing techniques combined with nourishing, plant-based oils help ease muscle tension, improve circulation, and leave the skin feeling soft, balanced and refreshed.
(60 minutes)

Full Body, Face & Scalp Massage - £60
A Full Body Massage, including the sternum, face, and scalp, using natural oils, is a deeply soothing and restorative treatment. Gentle, flowing techniques help release tension throughout the body, while nourishing plant-based oils hydrate the skin and promote deep relaxation, leaving you feeling calm, balanced, and renewed.
(75 minutes)

Specific Area Body Massage - £30
A specific area body massage using natural oils is a targeted treatment designed to focus on areas of tension or discomfort. Using tailored massage techniques and nourishing plant-based oils helps relax tight muscles, improve circulation, and promote relief and relaxation where it's needed most. (30 minutes)

Hot Stone Back Massage - £45
A hot stone back massage combines the soothing warmth of smooth heated stones with nourishing plant-based oils to deeply relax the muscles. The heat helps release tension in the back and shoulders while the organic oils hydrate the skin and enhance relaxation, leaving you feeling calm, restored, and balanced. (45 minutes)

Hot Stone Body Massage - £65
A hot stone massage combines the gentle heat of smooth stones with plant-based essential oils to relax muscles and melt away tension. The warmth encourages deep relaxation and improved circulation, while the oils nourish the skin for a soothing, rejuvenating experience. (75 minutes)

Reflexology - £40
A reflexology treatment is a therapeutic massage focused on specific pressure points in the feet, hands, or ears that correspond to different areas of the body. By stimulating these points, reflexology helps reduce stress, improve circulation, and support overall balance and well-being.
(60 minutes)

Reiki Treatment - £35
A Reiki treatment is a gentle, energy-based therapy that promotes deep relaxation and balance. Through light touch or hands placed just above the body, it helps release stress, support emotional well-being, and encourage the body's natural healing process. (45 minutes)

All Therapies Are Exclusively For Women Only
Special Packages available on Website

Mini Facial - £30
A mini facial using natural oils is a refreshing treatment designed to cleanse, nourish, and revitalise the skin in a short amount of time. Gentle techniques and plant-based oils help hydrate the complexion, promote a healthy glow, and leave the skin feeling soft, balanced, and refreshed.
(30 minutes)

Face and Neck Massage - £55
A Face and Neck Massage with Facial Treatment using natural, organic products combines soothing massage techniques with ice globes, rose quartz tools, and hot steaming towels for a deeply relaxing experience. This treatment helps improve circulation, reduce tension, and revitalise the skin, leaving the face and neck feeling refreshed, balanced, and naturally radiant. (60 minutes)

Facial Cupping - £30 (Packages available)
Facial Cupping helps reduce puffiness under the eyes, sculpt and contour the face and jawline and encourage collagen production. New blood flow and nutrients encourage a healthier-looking, oxygenated skin and a glowing complexion.
(30 minutes)

Facial Cupping/Facial Therapy - £60
A face, head, and neck massage with Facial Cupping helps reduce puffiness under the eyes, sculpt and contour the face and jawline, and encourage collagen production. New blood flow and nutrients encourage a healthier-looking, oxygenated skin and a glowing complexion.
(60 minutes)