



Relax on the Water's Edge

Greenbank Therapies & Treatments

Massage

Holistic Massage is tailored to your body making sure that the you are truly balanced and any knots or pains are yesterdays news using a deeper massage for those who feel the need for more pressure to a calming therapeutic massage to help you to relax.

Choose a basic organic oil or one of our blended aromatherapy oils to add to the relaxation.

Full Body Massage £50 (1 hour)

An all over massage covering the head, neck and shoulders, lower back, legs, arms and feet. Your circulation is stimulated and it helps to alleviate muscle tension to promote a sense of well being.

Therapeutic Massage £50 (1 hour)

A more relaxing massage which gently stretches the muscles and soothes the body using aromatherapy oils to calm and unwind.

Half Body Massage £32 (30 mins)

A massage covering either the head, shoulders and lower back, legs and feet or head, neck and face. Removing stress pain and relaxing the body.

Pregnancy Massage £50 (1 hour), £32 (30 mins)

Pregnancy massage helps to enhance the health, development and well-being of the expectant mum. It can help with back pain, fatigue and other pregnancy related common ailments, and is tailored to your current situation with comfortable pillows to relax you and oils and creams specifically chosen to be safe for you and your baby. (Pregnancy Massage Accredited Diploma)

Oriental Face Massage £40 (45 mins)

Oriental face massage is a deeply relaxing treatment, helping to reduce stress and rejuvenate the skin. Using a combination of natural facelift massage, Indian face massage, Japanese face massage and Tibetan face massage all mixed into one highly relaxing treatment. It tones the facial muscles, eases tension, smooths away fine lines, increases elasticity and releases toxins.

Reflexology £45 (45 mins)

Reflexology is a deeply relaxing and energising holistic therapy which treats the whole person by working on the feet or hands. It releases any blockages and restores the free flow of energy and blood to the body.



Call reception on 01326 312440 to book your treatment



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Facials

A range of facial treatments to pamper your skin and relax and unwind.

Natural Organic Facial £50 (1 hour)

Using natural organic ingredients with the products 'super charged' with essential oils to help to stimulate, protect and repair your face naturally with rejuvenating serums and moisturisers. A whole hour to cleanse, tone, massage and exfoliate, followed by a deep natural mineral face mask to brighten and tone your skin.

Options for Oily, Combination or Dry Skin. Free from petro-chemicals, synthetic perfumes and parabens.

Thai Therapy Rejuvenating or Balancing Facial £50 (1 hour)

Replenishing and hydrating skin that craves vitality, with orchid, jasmine and rose to nourish and repair. A relaxing hour with cleansing, toning, exfoliation, radiance face mask, scalp, face and shoulder massage, with a deep moisturiser and serums to replenish and protect.

For all skin types

No Synthetic Fragrance, Petrochemicals, Parabens, SLS or SLES are used in the Thai Skin Therapy product range only selected botanical extracts and essential oils.

Super Anti-Ageing Facial £55 (1 hour)

A combination of treatments to bring life to tired and dull skin with a de-wrinkling and anti-fatigue cleanser followed by a refining exfoliation treatment. Muscles are brought to life with a shoulder, neck, face and scalp massage and then a tailored face mask for you to tighten and smooth the skin surface. Using specific face serums and specialist eye cream, finally, your face will be bathed in a deeply moisturising cream to help to reduce the appearance of fine lines and wrinkles.

All skin types particularly dry and mature skin

Greenbank Face and Body Sensation £55 (1 hour)

A relaxing back and shoulder massage followed by a facial tailored to your skin type to tone and beautify.

Greenbank Body Bliss £95 (2 hours)

The absolute pampering session - choose on of our many facial treatments and combine with a relaxing full body massage for 2 hours of absolute bliss!

Eyebrow Tint and Shape £14*

Eyelash Tint £14*

Eyebrow and Eyelash Tint £20*

*All tints require a patch test at least 24 hours before treatment.

All guests please note that payment will need to be made direct with our therapist by card or cash payment. Many thanks.



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