



NADA'S BEAUTY TREATS

MASSAGE AND BEAUTY

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HOLISTIC MASSAGE

PRICE LIST

DEEP TISSUE MASSAGE

Massage techniques for treatment of musculoskeletal issues

Full Body Massage - 80 min	£55.00
Full Body Massage - 60 min	£45.00
Back of body – 45 min	£40.00
Back, Neck and Shoulders - 30 min	£35.00

SWEDISH BODY MASSAGE

Deep relaxing massage for the body, to release stress and muscle tension and calm the nervous system

Full Body Massage - 80 min	£55.00
Full Body Massage - 60 min	£39.00
Back of body – 45 min	£35.00
Back, Neck and Shoulders - 30 min	£29.00

INDIAN HEAD MASSAGE

Relaxing head massage - 45 min	£35.00
Relaxing head massage - 30 min	£27.00

Including, scalp, face, neck and shoulders

HOT STONE THERAPY

Using heated stones to melt away muscle tension promoting deeper relaxation whilst increasing circulation and lymph flow.

Full Body Massage - 80 min	£55.00
Full Body Massage - 60 min	£45.00
Back of body massage -45 min	£40.00
Back, Neck and Shoulders - 30 min	£30.00

THAI FOOT MASSAGE

Invigorating and deeply relaxing Thai foot massage involves the use of a traditional Thai massage stick.

Foot massage - 30 min	£29.00
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PREGNANCY MASSAGE

Suitable from 12 weeks+

Full Body Massage - 80 min	£55.00
Full Body Massage - 60 min	£39.00
Neck, Back and Shoulder - 30 min	£29.00

WARM BAMBOO FUSION

Bamboo fusion uses heated bamboo sticks to provide a deep tissue massage resulting in a deep sense of relaxation and well-being

Full Body Massage - 80 min	£55.00
Full Body Massage - 60 min	£45.00
Back, Neck, Shoulders, Hamstrings and calves - 45 min	£40.00
Back, Neck and Shoulders - 30 min	£30.00

SEATED ACUPRESSURE MASSAGE

Specific massage techniques performed over clothing focusing on acupressure points along the back, shoulders and arms

Back and Shoulders - 20 min	£19.00
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On site workplace massage available - contact for more details

