

Deep Tissue and Hot Stone Massage Combo

Hot Stone Massage is a natural therapy in which heated smooth stones gently massage the body, followed by an oil massage. This treatment will help to relieve stress, back pain and aid in loosening tight muscles. Deep Tissue with the Hot Stone Massage element is a very relaxing and effective pain relieving treatment.

<i>Deep Tissue & Hot Stone Combo Massage</i>	Full Body (70 mins)	Back, Neck & Shoulder (50 mins)
Member	£55	£43
Non-Member	£65	£48

Treat Yourself...

Why not treat yourself that little bit more by adding a Head Massage to your massage

<i>Head Massage Add On</i>	20 minutes	30 minutes
	£15	£25

Monday & Tuesday – 12:00 – 20:00
 Thursday – 10:30 – 19:00
 Friday – 11:00 – 19:00
 Saturday – 10:00 – 19:00

Cancellation Policy: We understand that sometimes life gets in the way, however we do ask for a minimum of 24hr notice should you need to rearrange or cancel your booking, otherwise the full amount will be charged. Please contact Lanes Health Clubs to cancel or rearrange any appointments made on 01903 859777.

LANES
HEALTH CLUBS

the
Wellness
rooms

DEEP TISSUE, PRESSURE POINT & THAI
Massage
WITH KEY SALLIS

Treatment Price List

To book please contact Front Desk or call 01903 859777

Monday & Tuesday – 12:00 – 20:00
 Thursday – 10:30 – 19:00
 Friday – 11:00 – 19:00
 Saturday – 10:00 – 19:00

Meet Your Therapist

Key Sallis is an expert in Thai, Deep Tissue and Pressure Point Massage, available Monday, Tuesday, Thursday, Friday and Saturday.



Relax, Heal & Rejuvenate!

Why Deep Tissue or Pressure Point Massage?

Deep Tissue and Pressure Point work is essential in helping your body recover and prevent injuries. Whether you have neck and shoulder pain, a tight lower back, head aches or a sporting injury, they can all be relieved through massage.

Pressure Point Foot, Hand & Head

The main focus with this massage is to massage the feet, relieving cramp and calf pain, alongside stimulating nerve endings in the hands, arms and head to relax the mind

<i>Pressure Point Foot, Hand & Head</i>	30 minutes	60 minutes
Member	£28	£48
Non-Member	£33	£58

Deep Tissue Full Body

Deep Tissue Massage is strong, firm pressure with the focus on the deepest layers of the muscle tissue, tendons, bones and joints. Deep Tissue Full Body aims to relieve back pain, stiff neck, leg, arm and tension to help the body relax and relieve pain.

<i>Deep Tissue Full Body</i>	60 minutes	90 minutes
Member	£49	£63
Non-Member	£59	£73

Deep Tissue Back, Neck & Shoulder

This treatment focuses on problem areas in the upper body, such as stiff neck, tight shoulders and upper and lower back pain. Key applies her signature combination of Deep Tissue, Swedish and Shiatsu massage techniques to expertly relieve pain.

<i>Deep Tissue BNS</i>	30 minutes	45 minutes	60 minutes
Member	£29	£33	£49
Non-Member	£34	£43	£59