

## 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.

<i>Deep Tissue &amp; Hot Stone Combo Massage</i>	<b>Full Body (70 mins)</b>	<b>Back, Neck &amp; Shoulder (50 mins)</b>
<b>Member</b>	£55	£45
<b>Non-Member</b>	£65	£49

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

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

*Courses available for all treatments 10% off a course of 6 treatments or 20% off a course of 12*

*Gift Vouchers available for all treatments*



**Cancellation policy**  
 Under 24 hours notice of cancellation 50% charge will apply  
 Under 2 hours or not attended 100% charge will apply

LANES  
HEALTH CLUBS

the  
Wellness  
rooms

# Massage

DEEP TISSUE, PRESSURE POINT & THAI

WITH KEY SALLIS

## Treatment Price List January 2022

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

[Fb.com/thewellnessroomsatlaneshealthclubs](https://www.facebook.com/thewellnessroomsatlaneshealthclubs)

## 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!***

## Thai Jasmine Aromatherapy

A gentle pressure point massage using lightly scented essential oil extracted from Thai Jasmine flowers. Its relaxing fragrance helps reduce body aches, Stress & loosens tense muscles, improves mind, soul, physical health & spirit. This aromatic oil massage is very uplifting.

<i>Full Body</i>	<b>60 minutes</b>
<b>Member</b>	£49
<b>Non-Member</b>	£59

## Aloe Massage With Pressure Point Face Massage

Aloe vera is a natural healing plant with amazing effects on your body & skin, it is used to treat and heal many things thanks to its magic effect on your body.

Improves blood flow to your skin through capillary dilation hydrates, moisturises and rejuvenates your skin.

<i>Full Body</i>	<b>60 minutes</b>	<i>Back, Neck &amp; Shoulder</i>	<b>30 minutes</b>
<b>Member</b>	£49	<b>Member</b>	£29
<b>Non-Member</b>	£59	<b>Non-Member</b>	£34

## Deep Tissue Massage

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>	<b>60 minutes</b>	<b>90 minutes</b>
<b>Member</b>	£49	£63
<b>Non-Member</b>	£59	£73

<i>Deep Tissue BNS</i>	<b>30 minutes</b>	<b>45 minutes</b>	<b>60 minutes</b>
<b>Member</b>	£29	£36	£49
<b>Non-Member</b>	£34	£45	£59

## 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 and encourage circulation.

<i>Pressure Point Foot, Hand &amp; Head</i>	<b>30 minutes</b>	<b>60 minutes</b>
<b>Member</b>	£29	£49
<b>Non-Member</b>	£34	£59