

Deep Tissue Massage

Deep tissue massage is a strong, firm pressure massage with the focus on the deepest layers of the muscle tissue, tendons, bones and joints. Combining slow strokes and notable finger pressure, the purpose is to release the tension and tightness held deeply within your muscles and connective tissues.

Member Pricing

Deep Tissue Full Body Massage

60 minutes £52 90 minutes £65

Deep Tissue Back, Neck & Shoulder Massage

30 minutes £29

45 minutes £39

60 minutes £52

Non-Member Pricing

Deep Tissue Full Body Massage

60 minutes £62 90 minutes £75

Deep Tissue Back, Neck & Shoulder Massage

30 minutes £34

45 minutes £45

60 minutes £62

Special Offers!

10% of for NHS workers across all of our treatments.

*Not to be used in conjunction with any other offer

Contact Us

01903 859777 wellness@laneshealthclubs.co.uk

Bookings:

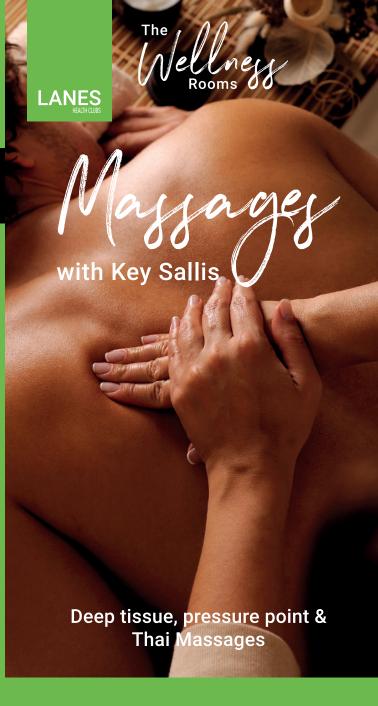
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for updates and special offers!



Lanes Health Clubs
Golfers Lane, Rustington BN16 4NB

Lavender Aromatherapy Massage

A gentle pressure point massage using lightly scented essential oils extracted from lavender flowers. It's relaxing and calming fragrance helps reduce body aches, stress and loosens tense muscles. It also improves mind, soul, physical health and spirit.

Lavender Aromatherapy Back, Neck & Shoulder Massage (Member)

30 minutes

Lavender Aromatherapy Back, Neck & Shoulder Massage (Non-Member)

30 minutes

£32

£55

£32

Coconut Oil Maysage

£28

A relaxing gentle pressure massage that contains antioxidants, anti-ageing properties and is high in Vitamin E, keeping your skin rejuvenated, healthy and glowing.

Coconut Oil Full Body Massage (Member)

£50 60 minutes

Coconut Oil Full Back. Neck & Shoulder Massage (Member)

30 minutes £28 **Coconut Oil Full Body** Massage (Non-Member)

60 minutes

Coconut Oil Full Back. Neck & Shoulder Massage (Non-Member)

30 minutes

Aloe Vera Mayage with Pressure Point Facial Massage

Aloe Vera is a natural healing plant with amazing effects on your body and skin. It is used to treat and heal many things through its magic effect on your body. Improves blood flow to your skin through capillary dilation, hydrates, moisturises and rejuvenates your skin.

£29

£49

Aloe Vera Back, Neck & Shoulder Massage With Pressure Point Facial Massage (Member)

30 minutes

Aloe Vera Back, Neck & **Shoulder Massage With Pressure Point Facial** Massage (Non-Member)

30 minutes

£34

Aloe Vera Full Body **Massage With Pressure** Point Facial Massage (Member)

60 minutes

Aloe Vera Full Body **Massage With Pressure Point Facial Massage** (Non-Member)

60 minutes

£59

Oriental Thai Oil Mayyage

A full body massage using warm oil, combining a gentle stretching with Thai, Indian and Balinese massage is a truly unique experience.

£60

Oriental Thai Full Body Massage (Member)

70 minutes

Oriental Thai Full Body Massage (Non-Member)

70 minutes

£65

Why not treat yourself that little bit more by adding a **Head Massage!**

Head Massage Add-On

20 minutes £15 30 minutes £25





Deep Tissue & Hot Stone Combination Massage

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 & Hot Stone Combination Back, Neck & Shoulder Massage (Member)

50 minutes

50 minutes

Deep Tissue & Hot Stone Full Body **Combination Massage**

(Member)

60 minutes

70 minutes

Deep Tissue & Hot Stone Full Body **Combination Massage**

Deep Tissue & Hot

Stone Combination

Back, Neck & Shoulder

Massage (Non-Member)

£49

£65

£34

£59

(Non-Member)

60 minutes

70 minutes

Thai Foot Maggage

£55

The main focus with this massage is to improve your circulation, stimulate your muscles and relieve tension in your feet, leaving you feeling relaxed.

Thai Foot Massage Thai Foot Massage (Member) (Non-Member) 30 minutes 30 minutes