



## 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% off 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](mailto:wellness@laneshealthclubs.co.uk)

### Bookings:

[laneshealthclubbeautyandwellness.book.app/book-now](https://laneshealthclubbeautyandwellness.book.app/book-now)

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# Massages

with Key Sallis

Deep tissue, pressure point & Thai Massages

**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 £28

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

30 minutes £32

## Coconut Oil Massage

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)

60 minutes £50

### Coconut Oil Full Body Massage (Non-Member)

60 minutes £55

### Coconut Oil Full Back, Neck & Shoulder Massage (Member)

30 minutes £28

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

30 minutes £32

## Aloe Vera Massage

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.

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

30 minutes £29

### 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 £49

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

60 minutes £59

## Oriental Thai Oil Massage

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

### Oriental Thai Full Body Massage (Member)

70 minutes £60

### Oriental Thai Full Body Massage (Non-Member)

70 minutes £65



## 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 £45

### Deep Tissue & Hot Stone Combination Back, Neck & Shoulder Massage (Non-Member)

50 minutes £49

### Deep Tissue & Hot Stone Full Body Combination Massage (Member)

70 minutes £55

### Deep Tissue & Hot Stone Full Body Combination Massage (Non-Member)

70 minutes £65

## Thai Foot Massage

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 (Member)

30 minutes £29  
60 minutes £49

### Thai Foot Massage (Non-Member)

30 minutes £34  
60 minutes £59

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

### Head Massage Add-On

20 minutes £15  
30 minutes £25

