

# Treatment Menu

## Swedish Massage

Experience deep relaxation and numerous benefits, including increased oxygen levels, reduced muscle toxins, improved circulation, and enhanced flexibility. Our massage aims to ease tension, promote stress relief, and contribute to better sleep quality. Tailored to individual preferences, it's a versatile and customisable experience for holistic well-being. Detoxify, boost mood, and enjoy improved flexibility with each session.

Full body massage

60 minutes £53

75 minutes £59

90 minutes £67

Back/30min Massage £38



## Warm Bamboo Massage

Immerse yourself in pure relaxation as varied bamboo lengths and widths expertly melt away tension. This unique technique delivers a lasting, deep massage without the need for heavy pressure. Indulge in the soothing embrace of our Warm Bamboo Massage and experience a tranquil escape like no other.

Full body massage 90 minutes £67

Back/30mins massage £44



## Pure Bliss

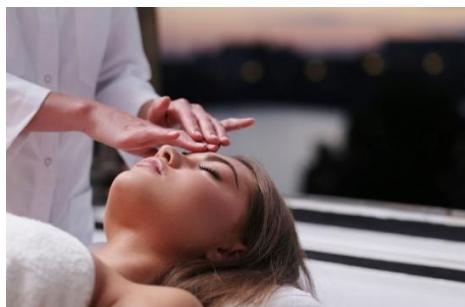
Indulge in a comprehensive massage, focusing on the head, neck, shoulders, scalp, and face. Rebalance your body's energies to help prevent migraines, headaches, and back pain. Experience the added benefits of improved sleep and relief from anxiety symptoms.

45 minute £46

## Reiki Healing

Immerse yourself in the gentle touch of universal energy. This technique involves subtle hand movements aimed at guiding the flow of positive energy through your body, fostering relaxation, and supporting healing for your body, mind, and emotions. Experience the potential reduction of stress and the promotion of holistic well-being. Book your Reiki session and embark on a journey to inner harmony.

90 minutes £50



## Reflexology

Experience gentle pressure applied to your feet, promoting relaxation and stimulating the body's natural healing process. Enjoy potential benefits such as improved sleep, pain relief, headache alleviation, and boosted energy levels. These are just a few of the many advantages this treatment offers. Book your reflexology session today and discover a pathway to holistic well-being.

60 minutes £53



## Indian Head Massage

Discover the ancient art of relaxation and healing with our Indian Head Massage, a revitalising therapy that is perfect for everyone! Performed while you are fully dressed and comfortably seated in a chair, this soothing treatment targets key areas of stress and tension.

### Experience the Benefits:

- **Stress Relief:** Melt away the stresses of daily life with gentle, rhythmic movements that calm the mind and body.
- **Improved Circulation:** Boost your blood flow and feel invigorated as our expert therapists work their magic.
- **Enhanced Focus:** Clear your mind and enhance your concentration, perfect for improving productivity and mental clarity.
- **Relaxation:** Enjoy a state of deep relaxation that promotes overall well-being and peace.

### Perfect for All:

Whether you are looking to unwind after a long day, seeking relief from tension headaches, or simply wanting to pamper yourself, our Indian Head Massage is the ideal choice. No special preparation is needed; just sit back, relax, and let the healing begin.

40 minute £43

**i Please note:** The treatment durations listed on the price list are **approximate service times only**. You are kindly requested to allow an **additional 30 minutes** for **setup and cleanup** before and after the appointment.

## Facials

### Express facial

Elevate your skin's radiance with our quick and effective treatment, perfect as an add-on to another service. This beautifying skin treatment cleanses pores, exfoliates dead skin cells, and provides deep hydration and moisture. Indulge in the nourishing power of natural-derived ingredients, leaving your skin rejuvenated and glowing. Treat yourself to this revitalizing experience, and let your radiant skin shine.

£38

### Indulgence Facial

Immerse yourself in pure relaxation with our indulgent facial, expertly crafted with a blend of naturally derived ingredients. Allow your mind to unwind as your senses come alive, restoring a radiant glow to your skin. This luxurious treatment includes meticulous pore cleansing, gentle exfoliation, a tailored mask, and a blissful scalp massage. Hydration and moisturisation are emphasised, ensuring your skin feels nourished and revived. Experience the added pleasure of a soothing facial and hand massage, promoting deep relaxation and enhancing your skin's appearance. Elevate your self-care routine with our indulgence facial.

£55



### **Cancellation Policy**

Cancellations made less than 24 hours before the appointment (or the day before) will be charged the **full-service cost**.

## Gift voucher

**Gift Vouchers Available:** Treat your loved ones to the gift of relaxation and self-care. Choose from a specified amount or select a particular treatment. The perfect present for any occasion. Purchase a gift voucher and give the gift of well-being today.

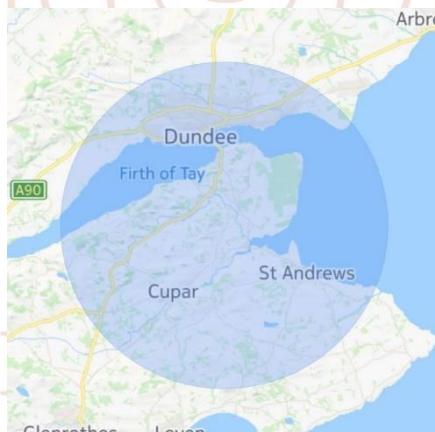
Morna

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Email; [info@therapieswithmorna.co.uk](mailto:info@therapieswithmorna.co.uk)

Please note: Appointments beyond a 15-mile radius will incur a mileage charge of £3 per mile. Additionally, a minimum appointment charge of £20 applies.

Thank you for your understanding



Map picture is not accurate.



# THE RAPIES WITH MORNA

TERAPIES  
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Wellness that meets you where you are

