



BODY AND MIND MATTER

Back, Neck and Shoulder Massage

This massage is designed to promote overall wellness and reduce stress, tension and muscle pain in back, neck and shoulders.

60 minutes - £45

Full Body Thai Aroma Massage

The perfect blend of traditional holistic massage with the addition of stretching, palm pressing and working with the bodies Zen lines.

75 minutes - £50

Wellness Massage

Gentle body massage which includes hands and feet with Reiki and meditation to promote overall wellness.

90 minutes - £60

Reiki

Reiki is a Japanese technique for stress reduction and relaxation which promotes healing and restores both body and mind bringing a sense of peace and wellbeing.

60 minutes - £45

Deep Tissue Massage

60 minutes - 3 body areas - £65

45 minutes - 2 body areas - £50



TAKE TIME
OUT FOR
YOU...

www.bodyandmindmatter.com