



SPA & WELLNESS TREATMENT MENU

Full Body Swedish Massage – 60 minutes **£80**

The most common massage in the West, this is a great option for those who don't get as massage often, using pre-selected relaxing oils.

Full Body Swedish Massage – 90 minutes **£100**

Back, Neck, Shoulder Massage – 30 minutes **£50**

Using pre-blended oils, this massage focuses on the upper-half of the body.

Hot Stone Massage – 60 minutes **£80**

Using hot smooth stones placed on parts of your body, this massage helps you to relax, whilst easing muscle tension and aches.

Reflexology Treatment – 60 minutes **£80**

Applying pressure to various points of the feet, which stimulate energy pathways throughout the body, this treatment encourages a state of relaxation whilst alleviating fatigue and stress.

Indian Head Massage – 30 minutes **£60**

Releasing tension in the muscles and joints in the head, face, shoulders and neck, this traditional massage improves circulation and sleep. Hair oil optional.

Facial Treatment – 60 minutes **£80**

Includes cleansing, exfoliation, soothing face mask and massage of the shoulders, neck and face.

Tailor-made Treatment – 60/90 minutes **£80/£100**

A holistic therapist will offer a tailor-made 60 minute treatment, depending on your needs. A consultation will be required prior to the treatment.

TO BOOK: Call 01423 740783 or email info@yurtshire.co.uk

PLEASE NOTE: Treatments are subject to availability and not available on Sundays. Please advise us, upon booking, if you are pregnant as some treatments are not suitable.

All treatments are held in our Spa Treatment Yurt at our Eavestone Lake site. If you're staying at our Yurtshire Fountains site, this is a 5 minute drive away (3 miles). Please arrive 10 minutes before your treatment time.