

MASSAGE TREATMENTS

We have a lovely selection of massage oils for you to choose from:

- Lavender:** *It not only relaxes and calms but it also balances rejuvenate and inspires. Effective for headaches insomnia , muscular aches and pains*
- Mint:** *Refreshing and energising. Beneficial for mental fatigue and headaches*
- Cassia:** *Warming, comforting and calming. Helps fight exhaustion and relieve feelings of depression and weakness. Beneficial in easing muscular aches and pains*
- Lemon:** *Uplifting effect on the mood and helps promote a sense of happiness. Helps to combat muscle fatigue and stiffness*
- Coconut Oil:** *Excellent skin moisturer and nourisher. Keeps skin soft and smooth. Particularly beneficial for dry skin*

Cassia Cottage Package 90 min 775

A rejuvenating combination of oil massage with Thai massage techniques, perfectly complemented with a head and foot massage.

Vietnamese Massage 60 min 565

A gentle, softer massage, perfect for relaxation.

Traditional Thai Massage 60 min 565

No oil massage. Muscles are compressed and stretched to relieve tension and increase flexibility.

Full Body Massage 60 min 565 | 90 min 775

A wonderful way to get the mind and body completely relaxed.

Cellulite Reduction 60 min 645

A massage that helps boost blood circulation, tone and redefine the body.

Back Massage 30 min 365

Focus entirely on back, neck; head and shoulder to alleviate built up stress and blocked energy.

Stomach Massage 30 min 365

Helps to tone the abdominal area and relieve tension in the muscles surrounding the colon.

Foot Reflexology 45 min 465

Pressure is applied on reflex areas of the feet to stimulate the body's energy flow. It helps restore promote relaxation, reduces stress, improves circulation and revitalises the body.

Hand and Foot Reflexology 60 min 565

Combine a deep foot reflexology with a concentrated hand massage.

Foot and Leg Massage 30 min 365

This treatment is designed to soothe and effectively improve circulation for heavy or tired legs.

Indian Head Massage 30 min 365

Pressure is applied to certain points on the neck, shoulders and head to relieve built up tension and free blockages. It helps ease headaches and mental strain.

Head and Shoulder Massage 30 min 365

A massage that focuses on the head and shoulders – a quick way to de-stress and unwind.

ADD ON FACE SOOTHERS

Enhance your massage with these relaxing face soothers that also offer skin benefits.

Aloe Vera Soother 45 min 465

With anti-inflammatory and cooling properties, Aloe Vera gel is the perfect remedy for sunburned skin. It also improves skin hydration, nourishes and is an excellent treatment for dry skin.

Cucumber Soother 45 min 465

A natural toner. Its astringent and cooling properties make it great for reducing oiliness in skin and tightening open pores. Helps hydrate dull skin, leaving it with a healthy glow. Excellent for relieving dull, puffy eyes.

Tomato Soother 45 min 465

An excellent skin brightener, tomatoes even out skin tones, giving skin a healthy glow. It can reduce acne and rashes, and soothe sunburn.

Honey Soother 45 min 465

Honey is not just hydrating, it repairs and protects skin from environmental damage. It helps unclog pores, treat and prevent acne. It is extremely moisturizing and soothing, so it helps create a glow.