

Birch

MENU OF SERVICES

M A S S A G E S

30/60/90 minutes

BACK TO BIRCH

£50/£85/£115

This treatment is a massage to suit your needs; you tell us what you'd like to focus on and the desired pressure, we'll do the rest.

BACK TO BIRCH PREGNANCY

£50/£85/£115

Just like our Back to Birch massage, only pregnancy friendly. 30, 60 or 90 minutes

RELAX MASSAGE

£50/£85

A soothing massage to relax a tired body and mind, allowing you to switch off and find calm within. 30 or 60 minutes

RENEW MASSAGE

£50/£85

This full-body grounding and energetic massage uses Swedish massage techniques to rejuvenate your body, leaving you feeling renewed. 30 or 60 minutes

RESET MASSAGE

£50/£85

This is a dynamic massage that involves stretching and deep tissue techniques to release tight muscles, bringing you back to tip-top performance. 30 or 60 minutes

SPORTS & PRESCRIPTIVE MASSAGE

£75

This therapy combines all elements of postural correction, realignment, rehabilitation, and muscle rebalancing. Ideal if you want to relieve muscular tension, mobilise soft tissue, and reduce pain. 60 Minutes

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MENU OF SERVICES

FACIALS

RESTING BIRCH FACE

£70

Designed to calm, soothe and deeply cleanse, whilst releasing locked tension from stressed facial muscles. This facial is great for the urban congested and stressed skin and helps boost skin cell metabolism, targeting inflammation and giving intensive hydration. The treatment combines use of Gua Sha & Cryo technology, reducing pore size and sebum production, de-puffing, calming and soothing to offer the best boost of radiance. 45 minutes

RESTING BIRCH FACE PREGNANCY

£70

Same as Resting Birch Face but dedicated to the needs of the mother to be.

MISCELLANEOUS

Other Services

AROMAREFLEX

£65

Aromareflex combines the power of essential oils with a foot reflexology treatment. A tailored blend of oils is used to specifically meet your needs and add an extra element of relaxation. This therapy includes an aftercare blend which you can take home and continue to reap the benefits from. 60 minutes

BEST FOOT FORWARD

£85

A foot focussed treatment to relieve aches and pains and revitalise tired feet. Scrub, soak and massage your troubles away. 60 minutes