

## SWEDISH BODY MASSAGE

Swedish body massage stimulates the cardiovascular and lymphatic system to improve circulation and help eliminate toxins from the body. It improves muscle tone, energizes the nervous system and relieves tension and stress. It can be invigorating; lots of "hacking" and "kneading" or gentle and relaxing, either way it is always tailored to meet the client's individual needs.

**Full Body £40.00 (60 mins)**

**Back Massage £25.00 (30 mins)**