



LITTLE COMFORT FARM

Chrysalis Spa Treatment Menu

Massage

Full Body Relaxation Massage: Be gently lulled into a state of relaxation by a combination of gliding and kneading strokes. Mindful bliss!

Deep Tissue / Sports Massage: Working through the deeper layers of muscles, a great technique to reduce tension, soreness and persistent muscle discomfort.

Hot stone Massage: Basalt stones treat the body from head to toe, easing tension, muscle stiffness and increasing circulation. Deeply warming and relaxing.

Reflexology: This ancestral therapeutic treatment focuses on the feet and lower legs and is a blend of Chinese Tuina, Japanese Shiatsu and Ayurveda Yoga practices. *Pregnancy friendly over 15 wks*

Indian Head Massage: Ancient healing method using massage techniques on areas of the body most affected by stress; the scalp, face, neck, shoulders and upper arms. Perfect for relaxation, relieving tension within the upper body, migraines, headaches, tense muscles, anxiety & depression and can help renew energy levels.

Great Comfort Intuitive Massage: Our therapists use their extensive knowledge and experience to blend techniques specifically for you, taking into account how you feel on the day and any ailments you may have.

Traditional Thai Massage: A fully dressed treatment that focuses on the entire body. Using stretches and pressure points to release both deep and superficial tensions and improve posture. Use of a steamed herbal ball, a key element of Thai Medicine, can be incorporated on request (additional £10).

Pregnancy Massage: Pregnancy is a special time when a positive nurturing touch can be incredibly relaxing and refreshing for both Mum and baby.

Massage for Children and Babies

Children's Massage: Relaxation and body awareness achieved through massage can improve the responsiveness and focus of your child. Suitable for all ages, from baby upwards. Must be accompanied by an adult. 1 hour.

Baby Massage Introduction: A lovely way to connect with baby and soothe troubles like teething and tummy pain. Massage techniques are demonstrated on a doll while you practice on your baby. If you have time, a couple of sessions are recommended. 1 hour.

All treatments, unless specified, last 1.5 hrs and are £98.
1hr massages are £72 (as specified or on request).