



HILTON FARM HOLISTIC TREATMENT MENU:



Holidays are the perfect time to relax and forget your worries. Why not treat yourself to a treatment from our comprehensive holistic menu? You will find me in the garden room.

Reflexology

Reflexology is a wonderful, natural and simple way of helping your body to heal itself.

It can help with chronic conditions, depression, stress and anxiety. Regular treatments will keep your body's systems balanced and will make you feel positive and energised.

Reflexology taster:

Feet (30 mins): £14

Hands (20mins): £9

Full Treatments:

Feet (1 hour) :£25

Hands (45mins): £16

Facials

Relaxing facial :1 hour £ 20

This includes cleansing, mask , toning and are followed by an arm and hand massage a neck and scalp massage.

Mini Facial : 45 mins £18

Same as above but no mask

Relaxing/therapeutic massage:

This massage can help to relieve stress and any muscular tensions.

I am studying holistic massages and am fully insured to give back, neck/shoulder and abdomen massages at very reasonable prices without compromising on the quality...

Back massage (45 mins): £ 10

Face/Neck/Shoulder (45mins): £10

Leg massage (30mins): £8

Whole body massage (1hour): £25

Whole body massage (1h30mins): £30

Sandra Dumas

Complementary Therapist

ITEC qualified & Member of CThA

Tel 01288 361668 or 07930154033

For an appointment or contact Fiona at reception



ENJOY A TRULY RELAXING EXPERIENCE (and save money too) WITH OUR TREATMENT PACKAGES).

You can share them or just treat yourself. You can have them on the same day or spread them during your stay. The choice is yours.

OPTION 1:

Facial and a reflexology tester: £ 30 (Save £4)

OPTION 2:

Back massage and a mini facial: £25 (Save £3)

OPTION 3:

Whole body massage (1hour) and a reflexology tester: £ 25 (Save £4)

OPTION : Heaven on Earth.

Whole body massage (1 hour) and a mini facial : £38 (Save £5)



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