

WELCOME TO LITTLE GREBE

Little Grebe is situated next to our beautiful lake, fully accessible and minutes from your lodge, it provides a private space to 'escape' and enjoy some quiet moments surrounded by the natural landscape, the sounds of the birds and moorhens and of course the tranquil water.

Here, we can offer holistic treatments with Elaine Branch, our visiting beauty therapist. Elaine is qualified, fully insured and will share a wealth of experience with you and add a bit of pampering to your Mill Meadow experience.

TREATMENTS

FULL BACK MASSAGE

Diagnosis of tension // De-stress // Lymphatic Drainage
Full back massage including neck and top of arms. Choice of massage oils

30 min - £25

60 min - £40

INDIAN HEAD MASSAGE

Tension releasing // Stimulates circulation // Energy giving Treatment undertaken fully clothed.
Includes neck and top of arms

40 min - £25

SEATED SHOULDER AND NECK MASSAGE

De-stressing // Relaxing
Treatment undertaken fully clothed

30 min - £20

LEG MASSAGE

De-stress // Aids circulation // Lymphatic drainage Choice of aromatherapy oils

40 min - £30

FOOT AND ANKLE MASSAGE

Relaxing //Helps mobility // Aids good circulation

30 min - £25

REFLEXOLOGY

Balancing// Restores Energy flow

Working the whole body through the feet

60 min - £30

PEDICURE - FOOT CARE

Cut // File // Cuticles // Hard-skin removal

30 min - £20

PEDICURE - FOOT PAMPER

Cut // File // Foot - mask // Massage

30 min - £20

LUXURY PEDICURE WITH VARNISH

Luxury treatment to improve the feel and look of feet. Mavala professional products and varnish used

60 min - £35

**PLEASE CONTACT ELAINE DIRECTLY OR VIA
SUZANNE 07918 735627
TO BOOK YOUR TREATMENT**

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