



Revive energise 1hr 20mins £110

Reflexology and aromatherapy or deep tissue back massage.

Revive facial 1 hr £80

Decleor's pure plant extracts and essential oils cleanse and rejuvenate the skin. Includes tension melting neck, shoulder and scalp massage.

Revive men's skin energiser 1 hr £80

Invigorating, deep cleansing scrub; pressure point facial; neck shoulder and scalp massage.

Total revive 2 hr £140

Deep tissue or aromatherapy back massage, reflexology and Decleor facial or men's skin energiser.

Deb Hughes, complementary therapist and chartered physiotherapist, specialises in holistic treatments tailored to individual needs

To book an appointment please call your hotel reception, or call Deb on 07762910417

Please advise of any health or medical conditions which may require adaptation to treatment.

Payment by cash or cheque to Revive.



Revive Swedish 1 hr £80

A combination of massage techniques to recharge and relax the body.

Revive deep tissue 1 hr £90

Deep tissue massage to release muscular tension and ease soft tissue.

Revive aroma 1 hr £80

A calming aromatherapy massage using a blend of essential oils for total wellbeing.

Revive reflex 1 hr £80

An energising reflexology treatment to the feet, restoring balance to the body.

Revive detox 1 hr £90

Body brushing, citrus oils and invigorating massage to boost detoxification.

Revive remedial 1 hr 20 mins £120

Remedial massage, stretches and mobilisation to balance muscle energy and increase joint flexibility. A combination of sports massage and physiotherapy techniques.