## Hydrotherapy treatment spa and massage



Location South East, Middlesex

https://www.freeadsz.co.uk/x-509129-z

Welcome to our recently refurbished, long established massage and Jacuzzi spa centre.

We provide a veriety of different therapeutic relaxing massages,

exfoliating body scrubs and hydrotherapy treatments in beautiful surroundings HYDROTHERAPY

Sitting in warm water has been proven to benefit pain in muscles and joints. The weightless environment in water allows you to exercise easier so enabling blood vessels to expand and circulation to increase. Water at 36 degrees helps your body relax, stimulates a feeling of well being and a good cure for insomnia. Warm water increases blood flow to problem areas like arthritis giving relief. Our hydrotherapy hot tub pool has 4 types of massaging jets providing relief to the neck, shoulders, spine, lower back, legs and feet. Add a teaspoon of aromatic oil of your choice to the water, relax, breathe, gentle exercise and you have found a therapeutic, aromatic, sanctuary with scrupulously clean ameanities. 10 POUNDS PER HOUR

**BODY SCRUBS** 

We provide exfoliating body scrubs with Dead Sea Salt (with extra magnesium) and grape seed oil The Dead Sea Salt comes in 2 grades (fine and course) for you to choose from 25 POUNDS PER HOUR Grape seed oil has the perfect viscosity for a smooth relaxing flowing scrub.

Exfoliating body scub with coffee granules and grape seed oil, baby oil or your favourite oil that you can bring with you.25 POUNDS PER HOUR

A sweet smelling sugar body scrub with a choice of lemongrass, lavender or Tahitian orchid massage oil. 25 POUNDS PER HOUR



Meticulously clean hot tub pool and premises.

Complimentary tea or coffee provided for hot tub users.

Towels provided.

To make an appointment call 07557653414 075576534...(click to reveal full phone number)

If you don't get a reply just text us, we may be busy.

Opening times 7am - 10pm. 7 days a week.

NO WITHHELD NUMBERS WILL BE.