



The
PAMPER ROOM
THE MITRE | HAMPTON COURT

MASSAGE

Relaxation Massage | *Indulge in a premium relaxation massage that melts away stress and tension. Using a blend of soothing techniques, essential oils, and gentle pressure, this treatment enhances circulation, relieves muscle fatigue, and promotes deep relaxation. Perfect for guests seeking a moment of tranquility and rejuvenation.*

60 minutes | £95

90 minutes | £130

Sports Massage & Deep Tissue Therapy | *This massage focuses on deep muscle layers, targeting knots, tension, and areas of stiffness. Whether recovering from a workout or preventing injuries. This treatment improves flexibility, mobility, and enhances muscle performance. (Not suitable for pregnant guests)*

60 minutes | £105

90 minutes | £140

Cupping Therapy Massage | *Coming from the ancient Chinese medicine, the cupping massage uses suction cups to improve blood flow, relieve tension, and detoxify the body. This therapy helps reduce inflammation, enhance circulation, and promote muscle recovery, leaving you feeling revitalized.*

60 minutes | £105

90 minutes | £140

Lymphatic Drainage with Compression Therapy boots | *Experience the rejuvenation power of compression therapy to enhance your blood flow circulation. Whether you are having heavy legs from training or travelling, this therapy will help boost your immune system and reduce inflammation for a lighter feeling.*

45 min | £90

Dry Needling Therapy | *A specialized treatment for pain relief and muscle tension. Dry needling targets trigger points using fine needles to release tight muscle and improve flexibility. This technique is ideal to release chronic or acute tension in your body.*

45 min | £90

