



THE MITRE
HAMPTON COURT

The Pamper Room

RELAXATION MASSAGE

60 minutes | £95

90 minutes | £130

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.

SPORTS MASSAGE & DEEP TISSUE THERAPY

60 minutes | £105

90 minutes | £140

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).*

CUPPING THERAPY MASSAGE

60 minutes | £105

90 minutes | £140

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.

LYMPHATIC DRAINAGE WITH COMPRESSION THERAPY BOOTS

45 minutes | £90

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.

DRY NEEDLING THERAPY

45 minutes | £90

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.

IN PARTNERSHIP WITH

SKIN

by BRAMLEY

THE PAMPER ROOM

at



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COLLECTION



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