

THE MONTAGU ARMS

MASSAGE MENU

Traditional Thai Massage

Manipulates tight muscles, nerves and joints with yoga stretches and pressure points to improve flexibility and relax muscles.

1 hour - £120 | 1.5 hours - £180

Swedish Massage

Gentle oil massage for improved circulation, relaxation and flexibility.

1 hour - £120 | 1.5 hours - £180

Deep Tissue Massage

Targets deep muscle tension, strains and sports injuries

1 hour - £120 | 1.5 hours - £180

Pregnancy Massage - available from 13 weeks

Improves swelling, circulation, reduces stress and promotes better sleep during pregnancy

1 hour - £120

Back, Neck & Shoulder Massage

Relieves tension, headaches, migraines and low back pain with focus on neck, shoulders and scalp

1 hour - £120

Hot Stone Massage

Heat and massage techniques relieve muscle tension, reduce stress and improve blood flow

1 hour - £120 | 1.5 hours - £180