

# 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