

# MICRO-SPA TREATMENT MENU



The therapists  
know their stuff.  
It's like an oasis  
of calm and  
relaxation.

Denise Percival  
Niven Architects



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WELLBEING  
IN THE WORKPLACE

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# TREATMENTS



## SPORTS THERAPY CLINIC

£

- Sports Therapy - 30, 60 or 90 mins

25 / 50 / 75

Our sports therapy sessions are designed to help clients form a treatment plan to recover from injuries. Our experienced therapists will conduct a thorough assessment and treat as required including sports massage, remedial massage trigger point therapy etc.

These sessions are perfect for anyone wishing to embark on an exercise regimen but feel unsure due to old injuries or lack of activity. The sports therapist may liaise with one of our experienced personal trainers and collaborate to produce your bespoke treatment / training plan.

- Remedial Massage - 60 mins

50

The remedial massage treats injuries and rehabilitates your body's soft tissues; muscles, tendons and ligaments. It is used after sports injuries but more commonly to treat day-to-day injuries such as lower back pain, for non-sports people. It is a specialist deep tissue treatment that uses deep pressure and slow movements to reduce the tension at specific areas.

- Remedial Massage with Electro Therapy - 60 mins

50

This combines a remedial massage with small comfortable electrical impulses which repair injured tissues.

- Remedial Massage with Joint Manipulation - 60 mins

50

Joint manipulation is a type of passive movement focusing on the skeletal joints. Increase your range of motion and relieve pain with this effective combination of remedial treatment.

- Sports Massage - 60 mins

50

The sports massage prepares your body's soft tissues; muscles, tendons and ligaments for better performance (pre-event) and better recovery (post-event). It is a specialist deep tissue treatment that uses deep pressure and slow movements to reduce the tension at specific areas.



MASSAGE	£
<ul style="list-style-type: none"> <li>• <a href="#">Arm + Hand Mini-Massage - 15 mins</a> <span style="float: right;">12.50</span></li> </ul> <p>The is a specially designed mini-massage for the busy desk bound executive. Ease your aching limbs and prevent / aid recovery from RSI.</p>	
<ul style="list-style-type: none"> <li>• <a href="#">Aromatherapy - Back &amp; Neck Massage - 30 mins</a> <span style="float: right;">25</span></li> </ul> <p>Lose the tension with a back, neck and shoulder massage. Ideal for anyone looking to unwind and shed the stresses of the day. Using oils and pressure specifically tailored to your needs.</p>	
<ul style="list-style-type: none"> <li>• <a href="#">Aromatherapy - Full Body Massage - 60 mins</a> <span style="float: right;">50</span></li> </ul> <p>Guaranteed to help you de-stress and give you an inner glow to be proud of. Soothe tired limbs and invigorate your body from tip to toe.</p>	
<ul style="list-style-type: none"> <li>• <a href="#">Back + Shoulder Mini-Massage - 15 mins</a> <span style="float: right;">12.50</span></li> </ul> <p>Try this mini-massage for the back and shoulders. It's a great way to ease muscles and relax.</p>	
<ul style="list-style-type: none"> <li>• <a href="#">Backcial - 30 mins</a> <span style="float: right;">25</span></li> </ul> <p>This treatment combines a back massage and a skin cleansing routine. It's a bit like having a facial only it's for your back.</p>	
<ul style="list-style-type: none"> <li>• <a href="#">Chair Massage - 15, 30 or 45 mins</a> <span style="float: right;">12.50 / 25 / 37.50</span></li> </ul> <p>This is a clothes on treatment. Choose between a remedial, deep tissue massage or a relaxation massage.</p>	
<ul style="list-style-type: none"> <li>• <a href="#">Cupping Body Massage - 60 mins</a> <span style="float: right;">50</span></li> </ul> <p>This ancient, Asian remedial massage works in the opposite way to a deep tissue massage by pulling the damaged soft tissues outwards using suction rather than pushing them inwards.</p>	
<ul style="list-style-type: none"> <li>• <a href="#">Hawaian Massage - 60 mins</a> <span style="float: right;">50</span></li> </ul> <p>This traditional Lomilomi massage was learnt by sailors who visited the Hawaiian Islands and passed to the western world. This medium intensity massage involves lots of relaxation techniques and is a true lifetime experience.</p>	
<ul style="list-style-type: none"> <li>• <a href="#">Hot and Cold Stones Massage - 90 mins</a> <span style="float: right;">80</span></li> </ul> <p>The ultimate classic massage.</p>	
<ul style="list-style-type: none"> <li>• <a href="#">Indian Head Massage - 60 mins</a> <span style="float: right;">50</span></li> </ul> <p>This includes a massage of the shoulders, upper arms, neck scalp, face, ears, and energy balancing.</p>	

- **Manual Lymphatic Drainage Massage - 60 mins** 50  
This is a very gentle and effective massage that stimulates the lymphatic system (the body's plumbing system).
- **Pregnancy Massage - 60 mins** 50  
Take some time to relax with this luxurious massage specifically designed for mummies-to-be.
- **Shiatsu Massage - 45 mins** 37.50  
This traditional clothes-on Japanese low intensity massage is perfect for people who want to unwind and boost their energy levels.
- **Shiatsu Mini-Massage - 15 mins** 12.50  
This traditional clothes-on Japanese low intensity massage is perfect for people who want to unwind and boost their energy levels.
- **Swedish Massage - 30 or 60 mins** 25 / 50  
This traditional Swedish Massage is a deeper than a normal massage, assisting the lymphatic system to remove toxins from the body and aiding circulation.
- **Thai Massage - 60 mins** 50  
This massage is part of the Thai ancient healing system that combines acupressure, manipulation and stimulation of the body's energy lines. It can be either relaxing or remedial.



- REFLEXOLOGY** £
- **Facial Massage - Sorensensistem - 60 mins** 50  
A new level of relaxation which pinpoints specific areas on your face to help you release tension across your whole body.
  - **Foot Massage - 60 mins** 50  
Your feet have receptors for every part of the body and applying the right pressure in the right "reflex points" can help you to relax, unwind and de-stress all over.
  - **Foot Mini-Massage - 15 mins** 12.50  
Enjoy this short and sweet reflex treat. Reflexology is a practice that works on the acupressure points of the feet. Get ready to relax.
  - **Fertility Reflexology - 60 mins** 50  
Falling pregnant is not that easy for everyone. Whatever reason that may be, reflexology can help with re-balancing the body and the mind.
  - **Pregnancy Reflexology - 60 mins** 50  
Reflexology can help with fluid retention, morning sickness, pelvic pain and constipation. You will feel better and have a happy pregnancy.



## FACIAL CLINIC

- Deluxe Facial Treatment - 60 mins

A complete pampering package which deep cleanses your skin and leaves you with an inner and outer glow. The treatment includes a face and shoulder massage.

- Mind and Body Facial Treatment - 75 mins

This facial treatment includes a crystal healing and is guaranteed to give you a boost.

£

50

62.50



## HOLISTIC CLINIC

- Crystal Healing - 30 or 60 mins

A fantastic addition to any treatment. Crystals have powerful properties which can enhance the effects of relaxation and stress-relief techniques.

- Reiki Treatment - 60 mins

Press a reset button on your body with this powerful natural healing technique. Used for centuries to channel life force energy through the therapist's hands directly to you helping to relieve tension.

£

25 / 50

50



### DIETITIAN NUTRITION CLINIC

- Initial Dietitian Consultation - 60 mins

Our initial consultations assess clinical condition, symptoms and dietary intake.

- Post-initial assessment review - 30 mins

This session is for clients who have completed their initial assessment. The review assesses progress and goals.

£

75

35



### WELLBEING SESSIONS

- Corporate Wellbeing Session - 120 mins

This wellbeing taster session is the ideal way to try out lots of different activities and therapies prior to booking one of our weekly team fitness sessions, deskercise or desk therapy. It can accommodate up to 80 staff and can be held at your place of work.

£

199



## YOGA - PRIVATE

£

- Private Yoga Session - 60 mins

30

Enjoy a private yoga session with your instructor. Feel the full benefit of expert tuition with sessions designed around your specific needs.

Ask about our couples sessions too.

Relax and enjoy



## BEAUTY TREATMENTS

- Various

Our beauty treatments are coming online soon. Download our free Corporate Personal Fitness app to keep up to date.

If you have any requests we would love to hear from you. Please call or email us.

# OOH AAH MICRO-SPA

To book any treatment or therapy either call in at the Micro-Spa, Corporate Personal Fitness, Business Central, 2 Union Square, Central Park, Darlington, DL1 1GL or visit [corporatepersonalfitness.com](http://corporatepersonalfitness.com) and click the login / register button or call 01325 401110.

## DO YOU HAVE HEALTH SHIELD?

Many of our treatments may be free for you and your family.

Please contact us to find out which ones are available through your health insurance scheme.

