

Terms & Conditions

This is a non-sensual, professional massage.

Please be aware that all treatment times stated are inclusive of pre & post treatment preparation time. For your safety and wellbeing a consultation card must be completed on each visit. If a treatment is contra indicated you will be offered an alternative if available.

New clients should allow an additional 5 mins before the treatment to complete a personal data form. All personal details will be kept secure and held in the strictest confidence.

Please consult a doctor if you have any conditions that are contraindicated to treatment.

Clients can expect to feel lethargic after a treatment and are advised to drink plenty of water.

Cancellation Policy

Please give 24 hours' notice if you wish to cancel an appointment or 50% of treatment fee will be charged. (If you have a Gift Voucher or Pre-paid treatment 50% of amount will be forfeited if you fail to give 24 hours' notice when cancelling your appointment) Regretfully late arrival will constitute reduced treatment time, but will be charged at the full rate.

All prices are subject to change without prior notice.



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HOLISTIC TREATMENTS
by
Alison Mulliner



The hotel is delighted to have teamed up with Alison Mulliner to bring you a range of relaxing experiences in the comfort of your own hotel bedroom.

Alternatively, treatments can be booked at Alison's room in Glastonbury.

All bookings must be pre-arranged and paid in cash directly to Alison Mulliner. Any appointments not pre-booked can be arranged (subject to availability) by calling direct or email.

I qualified in holistic therapies 20 years ago and have worked at 'The Cowshed Spa' at Babington House - an award winning hotel and spa. During my tenure, I helped to achieve 'Best International Spa of the year 2010'.

I specialise in deep tissue techniques which alleviate deep seated tension.

I believe that holistic therapies can help balance the mind, body and spirit.

I tailor each treatment to the individual and have the following qualifications:
ITEC/VTCT/IIHHT/NVQ II

Treatments

Reflexology 60 mins - £70.00

Reflexology is a holistic treatment. It is based on the principle that there are points on the feet that map via the nervous system to corresponding parts of the body. When pressure is applied to these areas and points, it stimulates the movement of energy along the nerve channels and helps to restore homeostasis (balance) in the whole body.

There are many benefits to reflexology treatment. These include boosting the immune system, treating stress, anxiety, insomnia and various aches and pains.

Swedish Back, Neck, Head 30 mins - £45.00 and Shoulder Massage

The ideal solution for those looking to address discomfort or tension in the upper body.

Benefits include relieving muscular tension, improving skin elasticity and spinal nerve stimulation.

Hot Stone Massage 90 mins - £100

Heated stones are placed on your body. The therapist also uses the stones in the palms of her hands, with oil, to massage the body.

The heat and weight of the stones warm and relax tense muscles.

A hot stone massage is suitable for those who have muscle tension. It is a luxurious treatment and helps you to feel deeply relaxed.

Hot Stone Massage improves joint mobility and is often used for the same conditions as a classic massage: - Anxiety, Back Pain, Fibromyalgia and Arthritic Conditions.



Swedish Massage Full Body 60 mins - £70.00

One of the most common forms of massage; it combines various techniques to relieve tension and stress in the muscles.

This treatment has many all round benefits. The back, shoulders, neck, arms, legs and feet are areas treated in this massage. A selection of oils will be used to invigorate or relax the body and mind.

Deep Tissue Massage Full body 60 mins - £70.00

A massage therapy which focuses on realigning deeper layers of muscles. It is used for chronic aches and pains such as a stiff neck, back pain, leg muscle tightness and sore shoulders.

The movement is slower and the pressure is deeper than that employed in a Swedish massage. The massage therapist uses elbows and forearms in this treatment.

Reflexology treatment can be combined with any of the following:

Swedish Back, Neck, Head & Shoulder Massage with Reflexology 90 mins - £115

Deep Tissue Massage with Reflexology 2 hours - £140

Hot Stone Massage with Reflexology 2 hours 15 mins - £155