

Complementary Therapies



Reflexology

Reflexology's popularity has grown over the years as it is based on the principle that there are reflexes in the feet and hands connected to every organ and all parts of the body. You'll feel relaxed and rejuvenated. It's like walking on marshmallows instead of egg shells.....

60 mins

Hopi Candles

Hopi Ear Candles have become increasingly popular over recent years. Hopi Ear Candles are used to treat a range of ear, nose and throat problems, including headaches and migraine, catarrh, sinusitis and excessive ear wax. Hopi Ear Candles revitalise the head and ears, to promote relaxation and create a sensation of soothing relief.

30 mins



Swedish Massage

Aims to treat the whole person, body, mind and spirit through the use of touch. It can help many ailments such as neck and shoulder tension, back pain and headaches. It can also help people to relax and unwind, releasing tension and pent up emotion

Full Body 60 mins

Back, Neck & Shoulders 60 mins

Sports Massage

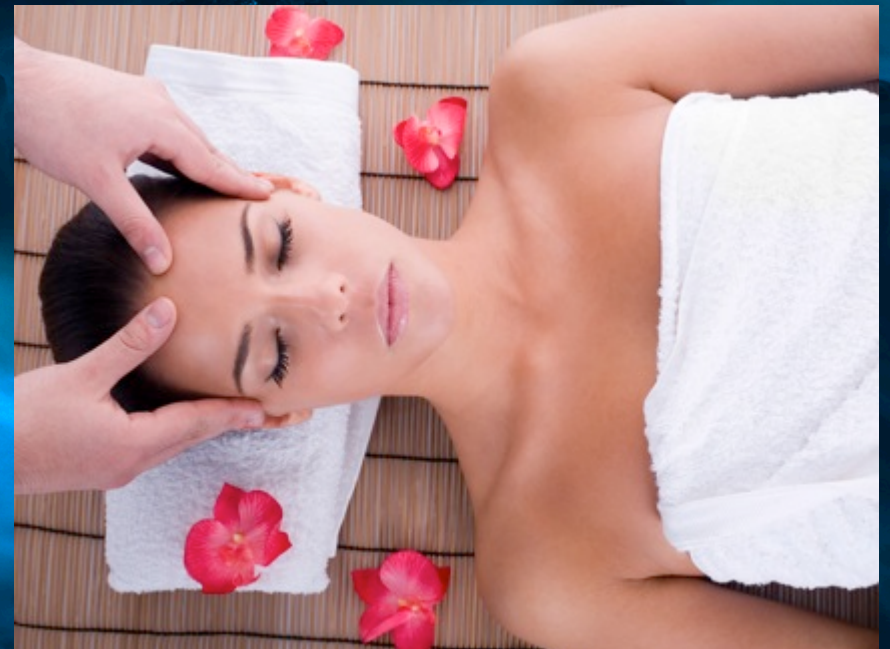
Sports massage is a type of Swedish massage that stimulates circulation of blood and lymph fluids. Some sports massage movements use trigger points to break down adhesions (knots in the muscles) and increase range of motion

60 mins

Indian Head Massage

A seated massage which releases the build up of tension in the face and scalp. Sinus and congestion problems and migraines are just some of the specific conditions, which can be alleviated with this treatment.

60 mins





Hot Stone Massage

Hot stone massage is a specialty massage that uses smooth, heated stones. They are basalt, a black volcanic rock that absorbs and retains heat well. The heat is both deeply relaxing and helps tight muscles release. A combination of oils and stones are used as the stone cools, it's replaced with another. The heated stones are left in specific points along the spine, palms of your hand, on your belly, or even between your toes to improve the flow of energy in your body. If you have inflammation or muscle injury, cold stones are sometimes used.

Back, Neck & Shoulders 60 mins
Full Body 60 mins

Aromatherapy Massage

Aromatherapy combines the physical and emotional effects of gentle massage with the medical and therapeutic properties of essential oils. It not only alleviates stress and improves mood but it also is a successful treatment for many minor disorders for which doctors cannot always find a gentle solution.

Back, Neck & Shoulders 60 mins Full Body 60 mins



Aftercare Advice

Most people report a feeling of relaxation and increased wellbeing. You may feel energised straight away. If you feel a little fatigued in the following hours, it is your body asking you to rest so it can put its energy into healing itself. For this reason it is wise not to plan any strenuous exercise for 24 hours after a treatment and it possible plan to take it easy for the rest of the day. Drink plenty of water to aid the bodies' detoxification process after the treatment.

Please request any treatments prior to your remaining balance due date/in good advance of your stay to avoid disappointment

*To request any treatments and pre-book an in-lodge appointment please contact the **Spa @Whitefalls Spa Lodges***

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