

Sessions available in Oxshott, Cobham, and Esher. Other areas, please enquire

Session Descriptions

Shorter Full Body Session

60 MIN · £110

Works well for those who want general coverage across the whole body, or for smaller and less physically tight bodies where 60 minutes is sufficient.

Focused Session

60 MIN · £110

The full 60 minutes on one specific area. For those who know where they need attention.

· BACK & SHOULDERS

Upper body session focused on Back, Shoulders & Neck

For tension sitting in the mid-back and above. Begins face down, working through the lower-, mid-, and upper back and neck, then face up, continuing on the arms, shoulders, neck, and head.

· BACK & HIPS

Back session focused on the Lower Back & Hips

For lower back sensitivity or tightness, run the full length of the back. Begin side-lying for the lower back and hips, then face down through the mid and upper back, finishing face up through the shoulders and neck. The whole back is covered.

· LEGS & HIPS

Lower body session focused on the Legs & Hips

For tension through the hips, legs, and lower body. Begins side-lying — working into the glutes, hip rotators, and stabilisers on each side. Then face down for the back of the legs and calves, finishing face up through the front of the legs and feet.

· FEET · REFLEXOLOGY

Lower leg session focused on the feet, ankles, and calves

Pressure, mobilisation, and targeted work through the feet. Thorough and focused, while deeply relaxing. Please note that I do not work with nor interpret energy lines.

· SHOULDER, NECK, HEAD & FACE

Face-up session focused on the shoulders, neck, head, and face

Upper body massage in a face-up position, working on the upper chest, shoulders, neck, head, and face — including deeper work around the jaw where tension is often held. It feels closer to bodywork than a facial — no products, just considered, unhurried attention. Deeply relaxing.

RECOMMENDED

Maintenance Session

90 MIN · £125

The core session. Enough time to work through the whole body properly — without cutting corners or rushing areas that need more attention. The 90 minutes also allows for focused work on a specific area alongside the full body work, for those who need both.

Extended Session

FROM 120 MIN · £160

For one person who needs more time — athletic or stronger bodies, long-standing tension, or chronic patterns that need sustained attention. Two hours of continuous, uninterrupted work.

MOST POPULAR FOR COUPLES

Multiple Sessions

FROM 120 MIN · £160

When more than one person is seen during the same visit. Each session is charged at £80 per hour. One visit, back-to-back, for as long as each person needs.

Also Available

Pregnancy Massage

60 MIN · £110

90 MIN · £125

Adapted positioning and pressure throughout. The 90 minute session allows more time for the feet, shoulders, neck, head, and face alongside the main body work.

For deeper back work during pregnancy, Chair Massage is also available — with a specialist attachment that leaves the bump entirely free, with no pressure against it at any point.

Lava Shell Massage

60 MIN · £120

90 MIN · £135

A slower, warming session using a heated shell or stones. Allows deeper work into the muscles while keeping the experience smooth and luxurious.

Chair Massage

60 MIN · £110

For those who cannot lie face down

- Elderly clients
- Post-surgery recovery
- Physical limitations
- Chest sensitivity
- Pregnancy — also the better option for deeper back work

A full seated session in two phases. The first 30 minutes work through clothing to warm up and loosen the muscles. The second 30 minutes use oil to work deeper — thorough and effective, in a seated position.