

massage

the ultimate back massage

hush's signature treatment... be prepared to be kneaded into complete bliss! totally bespoke, this massage is tailored to help tired and tense backs that knead some attention. a combination of hot stones, swedish, aromatherapy and deep tissue style massage will be used to create your ultimate back massage.

50 minutes - £60

pure relaxation

slow, flowing, aromatherapy style massage to make you drift off and unwind.

30 minutes - £30
60 minutes - £60
90 minutes - £90

kneaded! deep tissue style

iron out tension and release those knots! tension points are eased using a combination of forearm, elbow and stretching techniques to detox and unwind your tense muscles - just what you kneaded!

30 minutes - £35
60 minutes - £65
90 minutes - £95

bespoke me

a personalised massage using a mixture of deep tissue and swedish techniques to ease even the most stressed muscles.

30 minutes - £35
60 minutes - £65
90 minutes - £95

tension release

hush's indian head massage style treatment, especially for clients with stressed shoulders or experiencing headaches. your shoulders, neck, face and scalp are treated to targeted pressure point massage and flowing movements to coax you into pure relaxation.

45 minutes - £45

leg and foot reviver

your feet and legs treated to a stimulating body brush followed by a detoxing massage to help you feel light on your feet. perfect after a long day on your feet or swollen pregnant tootsies!

30 minutes - £35

specialist massage

hot stones

heated volcanic basalt stones are used to create grounding warmth in this deeply relaxing massage that uses manual swedish style massage alongside the warming stones.

45 minutes - £50
75 minutes - £80

hush mum - pregnancy massage

this is our relaxation massage for expectant mummies, congratulations! this blissful full body massage will sooth away those aches and pains and will leave you feeling relaxed and rejuvenated. your qualified therapist will make sure that you're completely comfortable throughout.

60 minutes - £60
90 minutes - £90

reiki

reiki

reiki is a japanese word representing the underlying force behind every living being. reiki also refers to an ancient healing art rediscovered in the late 1800s by a japanese scholar, dr. mikao usui. it is a non-invasive, gentle yet powerful method of healing that works on all levels - physical, emotional, mental and spiritual. reiki flows wherever it is needed most, releasing blocked energies, cleansing toxins and helping to return your whole being to a state of balance. a treatment feels like a wonderful glowing radiance that flows through and around you. reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and well being. many have reported miraculous results.

60 minutes - £50

facials

decléor prescriptive facial

a facial tailored to your skins' exact needs whatever they may be. your expert therapist will use the exclusive decléor aromatherapy based products and techniques to adapt the facial specifically for you. includes a double cleanse, exfoliation, masque, facial massage, neck, shoulder & scalp massage.

30 minutes - £30
60 minutes - £55



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