

MASSAGES

Rebalance the mind, body and soul as natural formulas and ancient techniques are used to release muscular tension and soothe away aches and pains, leaving you feeling relaxed and energised with renewed focus and positivity.

De-Stress Muscle Release

55 minutes | £70

Active stretching and specialised wavestone massage are partnered with expertly blended ESPA aromatherapy oils to alleviate deep-seated tension in the neck, shoulders and back with instant and lasting results.

Inner Calm

55 minutes | £70

Find your inner calm with this deeply relaxing and soothing treatment, which uses carefully selected aromatherapy blends to relax, cleanse and energise, while advanced massage techniques alleviate muscular pressure, soothe anxiety and invoke profound relaxation.

Swedish

55 minutes | £70

Relieve tension where you need it most as a combination of wavestones and traditional Swedish massage using pure, nourishing ESPA oils boost circulation to alleviate tight, aching muscles, leaving the body feeling completely revitalised.

Express Back, Neck & Shoulder Massage

25 minutes | £35

Ease tension where you need it most with this fast-acting destressing treatment. Personalised to your needs, targeted wavestone massage with pure aromatherapy blends relax tense muscles, reenergise the body and calm the mind.

WHAT IS A WAVESTONE?

The innovative new tool that is revolutionising the world of massage. Wavestones are an ergonomic hand-carved stone made from white Jade, which contains vital minerals, calcium, magnesium and water, traditionally believed to heal stressed organs, fight cell ageing and strengthen the body's natural defences.

For more information or to book please visit www.GentingHotel.co.uk or call 0121 273 1000