



Spa Barn Treatment Prices

Total Well-Being Massage

Massage is greatly valued in many cultures. The power of touch is well known to bring benefits to both body & mind. When massage is combined with aromatic essential oils & the heat of the hands, the effectiveness in relieving stress, improving mood & promoting good health is profound.

Swedish Massage (with Aromatherapy oil blend)

Swedish Full Body Massage – 1 hr – £90

A classic form of pressure massage. Involves long, muscle softening & kneading techniques. Combined with movement of the joints & deeper work as required. By relieving muscle tension & stress, Swedish therapy can be both relaxing & energising.

Swedish Back, Neck & Shoulder Massage – 30 min – £55

Targeting areas where the majority of tension is held, this massage relieves stress & aching muscles.

Hot Stone Massage (with Aromatherapy oil blend)

Hot Stone Massage Full Body – 1 hr 30 min – £130

Hot Stone Massage Back, Neck & Shoulder – 45 min – £80

Using hot stones throughout the treatment to melt muscle tension. Stones are placed on key energy points on the body & used to massage a penetrating, deep heat into the soft tissue. Immensely soothing & relaxing to the body, mind & soul.

Indian Head Massage (with Aromatherapy oil blend)

Indian Head Massage – 45 min – £60

Using traditional Indian Head Massage techniques, treating scalp, face, neck, shoulders & upper arms. This treatment works on the areas of the body that are most affected by stress. Whilst the treatment is just on the upper body, its effects are felt throughout the body & mind. Can be carried out clothed & seated if required.

Deep Tissue Massage (with Aromatherapy oil blend)

Deep Tissue Massage – 30 min – £65

Deep Tissue Massage – 1 hr – £100

Following consultation, this localised, deep tissue massage involves penetrating muscle warming & muscle releasing technique. Applying direct pressure where most needed.

Thai Foot & Leg Massage (with Aromatherapy oil blend)

Thai Foot & Leg Massage – 1 hr – £95

Relieve tension & restore balance, health, & serenity with this traditional massage. In addition to being a relaxing & energizing massage of the feet & lower legs, it delivers a form of light acupressure that impacts the entire body.

Facial Massage (with Aromatherapy oil blend)

Natural Face Lift Therapy – 1 hr – £90

Rediscover your natural glow with this blend of circulation boosting & sculpting facial massage techniques. Skin is visibly enlivened for a contoured complexion that is remarkably rejuvenated.

Pregnancy Massage

Pregnancy Massage – 1 hr – £95

Suitable after the first 3 months of pregnancy.

A multi-effect treatment designed to give new mums the ultimate TLC experience. A soothing massage that not only provides relief from post pregnancy aches, but also calms the mind & emotions to provide much needed comfort. Includes back massage, leg massage, foot massage, arm massage & a gentle massage of abdomen if desired.

Baby Massage Tuition

Baby Massage Tuition – 1 hr – £90

Age 6 weeks to 12 months – Up to 4 babies

Regularly massaging your baby helps you bond whilst engaging babies' senses & encouraging their happy, healthy development. Learn easy to remember techniques to incorporate into any day to day routine. Include take home oil blend & guidance notes.

Cancellation and Refund Policy: All cancellations must be made 24 hours prior to your service. Cancellations within 24 hours, or no shows, are subject to a £50 cancellation charge. Refunds will not be given for a service that was rendered.



Spa Barn Activity Prices

Wellness Activities

Join our highly qualified & experienced instructors & learn to move your body in ways that increase strength, flexibility & calm the mind. For all levels. Max 4 guests per class.

Hypopressive Fitness – 1 hr – £90

Join one of the UK's top instructors in this innovative & extremely effective core strengthening technique. Using a unique breathing method teamed with body aligning postures to activate total core strength & postural improvements.

Pilates – 1 hr – £90

Learn to use precision movement & muscle focus to work in a deeply strengthening way for the whole body.

Yoga – 1 hr – £90

Relax into a reviving yoga flow for a breath, body & mind connection.

Morning Stretch Session – 45 min – £75

Wake up with a blend of Pilates & body aligning breath work techniques designed to open up the body & refresh the mind

Guided Nature Walk – 90 min – £120

A five-kilometre guided walk to experience the vast landscape of Wiltshire's Salisbury Plain. Beautiful in every weather, the sweeping views always have plenty to offer. Enjoy nourishing refreshment en route & the opportunity to learn a little mindfulness & calming breathwork techniques. A great way to start the morning.

Nutritional Behaviour Coaching – 1 hr – £90

Work with our Nutritional Coach, you will learn how to improve your health, energy, sleep & stress management by optimising how you feed your body & mind.

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