



ASKHAM HALL SPA TREATMENTS

*Enjoy total serenity & relaxation, just for you
Pamper packages with therapist Lindsay Wild*

Total Indulgence

Totally indulge with a blissful 90 minute full body holistic massage to Re store, De stress and Re energize creating inner balance and harmony

£90.00

Relax & Rejuvenate

Relax & Rejuvenate with a 50 minute back, shoulder, scalp & neck massage

£50.00

Couple's special

Enjoy a 30 minute back, shoulder, scalp & neck massage each, whilst the other person relaxes in the sauna, hot tub or outdoor pool

£60.00 (£30 each, valid for two people)

Bamboo massage

Eastern heated massage using warm, smooth bamboo canes. Firming, toning, relaxing, a massage like no other! (1 hour)

£60.00

Indian Head massage

Feel the tension and stress gently release from your neck, head and shoulders with an uplifting, energizing and relaxing seated massage (50 minutes)

£50.00

Hopi Candle Therapy

Calm the mind and soothe the head and ears with a Hopi Candle Therapy (40 minutes)

£45.00

Reiki

Calm your mind, balance and boost your energy with Reiki an energy healing therapy (60 minutes)

Askham Hall, Askham, Penrith, Cumbria, CA10 2PF

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Indian face massage

The natural facelift massage (60 minutes)

£60.00

Reflexology

Reflexology works on the zones of the feet that stimulate the energy flow of the meridians to the organs of the body and body parts. it is incredibly relaxing and healing with brilliant results. (60 minutes)

£60.00