

BUDOCK VEAN

THE HOTEL ON THE RIVER



Touch Therapy Treatment Menu

Made for Life Soft Touch Hand and Arm Massage | 30 mins - £43
Made for Life Soothing Touch Foot & Leg Massage | 30 mins - £43
(add a Touch Treatment for £22)

Gentle, slow and rhythmical movements induce a feeling of complete relaxation. Soothing balms and oils are used to nourish and soothe the skin. This treatment is great on its own or as an add-on to form a longer treatment experience. The benefits of soft touch hand and arm or foot and leg massage will lead to a period of meditation, allowing the mind to disconnect from daily stress and anxiety. It softens and moisturises the skin, allowing the body to access the parasympathetic state, heart rate slows, breathing slows and deepens, relieves tight muscles by gently soothing nerves, lowers cortisol and adrenaline levels & decreases anxiety, stress levels and improves sleep.

Made for Life Touch Therapy Facial
60 mins (inc hands, arms, feet and legs message) - £68
45 mins (includes a hands and arms massage) - £55

A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant. 100% organic balms and oils will nourish and cleanse, eliminating congestion and returning natural balance to the skin, whilst a deeply relaxing face and scalp massage calms the mind and soothes the soul. Made for a beautiful face – 100% organic products balance and nurture the face and restore natural luminosity, allowing the body to access the parasympathetic state, allows rejuvenation on all levels, including a natural boost to immunity, lowers cortisol and adrenaline levels, decreased anxiety, stress levels and improves sleep and creates a short-term distraction.

Made for Life Touch Therapy Catch the Breath | 25 mins - £40

This gentle nurturing treatment for the head, back and shoulders allows you to drift away into a meditative state of relaxation. Slow Tui Na Chinese techniques re-balance and calm the upper body. This ritual uses slow, soothing and rhythmic movements providing complete tranquility and relaxation, allowing the mind to disconnect from daily stress and anxiety, access the parasympathetic state, your heart rate slows, breathing slows and deepens, relieves tight muscles by gently soothing nerves, lower cortisol and adrenaline levels and decreased anxiety, stress levels and improved sleep.

Made for Life Touch Therapy Hand on Heart
45 mins - £55 | 60 mins - £70 | 85 mins - £92

This nurturing and calming treatment for the head, face and shoulders allows you to drift away into a meditative state or relaxation. Slow Tui Na Chinese techniques rebalance and calm the upper body while the facial will replenish, nourish and revive the skin. You will benefit from a period of meditation, allowing the mind to disconnect from daily stress and anxiety, allowing the body to access the parasympathetic state, heart rate lowers, breathing slows and deepens, the brain is encouraged into Alpha-Theta waves, helping the mind and body to re-connect. Rejuvenation on all levels, including a natural boost to immunity, lower cortisol and adrenaline levels, decreased anxiety, stress levels and improved sleep as well as creating a short-term distraction.

