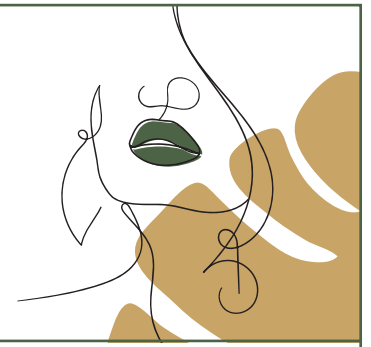




# TREATMENT • MENU •



## Massage

**Back only:** 45mins - £40

**Full Body:** 65mins - £60

Increase blood flow and circulation  
Helps treat muscle pain  
Improve stiffness  
Above all promote relaxation and sense of wellbeing

## Hot Stone

65mins - £60

Deeply relaxing and restorative  
Muscles to ease gently  
Heat helps warm the muscles to ease pain and tension  
Increase blood flow and circulation  
Improve stiffness

## Warm Bamboo

65mins - £60

Heat and pressure help to penetrate more deeply into tissue and muscle layers  
Deep pressure can be applied  
Larger area of muscle treated  
Especially good for back and legs  
Lymphatic drainage  
Increase blood flow and circulation  
Helps treat muscle pain  
Can be compared to deep tissue

## Fire Cupping

**Back only:** 45mins - £50

**Full body:** 65mins - £70

TCM  
Increase blood flow and circulation to blocked areas  
Suction helps facilitate the flow of "Qi" in the body  
Restore balance to Yin and yang  
Helps create space between vertebrates  
Encourage tension release by suction and lifting the muscle

## Pregnancy Massage

**Back only:** 45mins - £40

**Full body:** 65mins - £60

Reducing anxiety and stress  
Relaxation and restore balance  
Alleviating leg and back pain  
Increase blood flow and circulation

## Indian Head & Facial Pressure Point

50mins - £50

Stress is one of the main reasons behind tension headaches  
Release stress and ease tension  
Stimulate hair follicles and encourage thickness  
Sense of wellbeing  
Lymphatic drainage

## Hopi Ear Candle & Facial Pressure Point

45mins - £40

Deeply relaxing  
May help remove earwax and improve hearing  
May relieve headaches and vertigo  
Help ease clenched jaw and tightness

*(All treatments include a 15 min foot ritual and consultation)*

**Natural Facelift & Gua Sha**

65mins - £60

**Course of 10 treatments**

£540

**Natural Facelift & Gua Sha  
with Reflexology**

95mins - £95

**Manual  
Lymphatic Drainage**

65 mins - £60

**Course of 10 treatments**

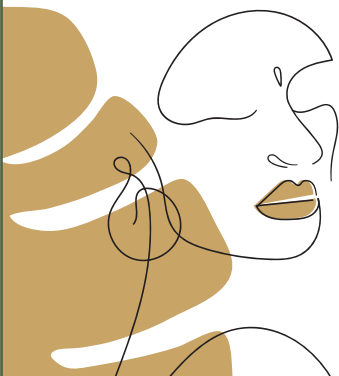
£540

**Tree Ritual**

110mins - £125

**Infrared Sauna**

60mins - £29



TCM  
Improves blood flow and circulation  
Clears sinus congestion  
prevent acne and dark skin pigmentation  
Decrease puffiness and circles under eyes  
Release jaw tension  
Ease face, head and neck tension  
Tone, sculpt and lift muscles  
Balance the Qi "energy" flow  
Stimulate the lymphatic system  
Promote natural healing

(As above plus the following)

Promote natural healing  
Improve internal organs

Manual lymphatic applied pressure for drainage  
Increase the flow of lymph to the lymph nodes  
Detoxifying  
Reduces fluid volume  
Boosts immunity  
Helps aid recovery after surgery

Completely customized to your needs on the day  
Calming the mind and balance the bodies energy  
Head to toe treatment with specifically blended oils  
A range of massage techniques to restore full body wellbeing.  
(Please call us to Add sauna treatment +£15)

Detoxification of chemicals and heavy metals  
Improve circulation  
Muscle Recovery  
Better sleep  
Boost immune system  
Arthritic and joint pain relief  
Skin rejuvenation  
Mood elevation  
Chromotherapy (colour light therapy)

*(All treatments include a 15 min foot ritual and consultation)*

**tree**

**Abigail**

07973 445 921

info@treenewark.co.uk

www.treenewark.co.uk

25 Stodman Street,  
Newark NG24 1AR

*We recommend 30 mins in the sauna and 30 minutes to allow yourself to have a shower and get ready. Afterwards relax and rehydrate downstairs in the juice bar with a drink of your choice.*

**For gift voucher bookings only:** When booking a treatment online please write 'voucher' in the comments section and select 'pay later'.

**You must bring your voucher with you to your treatment.**