



The Grange By the Sea

Massage & Beauty Treatments

Treat yourself to a relaxing massage or beauty treatment from the tempting list below. It's usually best to book in advance but let us know your ideal treatment and timings and we'll do our best to accommodate your needs. All our therapists are both highly trained and well experienced and so you can be sure you are in good hands!

Massage Treatments

Swedish Massage – Stimulating, invigorating and deeply relaxing

45 mins (Back, Neck & Shoulders) £40.00

60 mins (Full Body) £50.00

Aromatherapy – This is a one hour luxury full body massage with blended oils chosen to suit your individual needs. £55.00

Indian Head Massage – Promotes better circulation, detoxification & relief of mental and emotional stress (45 mins) £40.00

Reflexology – Promotes wellbeing and restores balance (60 mins) £50.00

Manual Lymphatic Drainage – Eliminates excess water and toxins via gentle massage and lipolytic oils (60 mins) £55.00

Hot Stone Massage – A deep and soothing massage using water heated volcanic stones to relieve tension, stiffness & knots (60 mins) £55.00

Lava Shell Massage – This deep tissue massage eases away muscle tension, releases energy flow and restores a sense of balance (60 mins) £55.00

Beauty Treatments

Holistic Aromatherapy Facial – Deeply relaxing, cleaning, purifying and hydrating, leaving your skin looking radiant (60 mins) £50.00

Manicure – Cuticle treatment, reshape, hydration massage and colour £35.00

Pedicure – Foot spa, foot and half leg massage, reshape and colour £35.00

Top-to-Toe – Full body massage & either a facial or manicure or pedicure £85.00

