



**The Little Salon and Spa** is a cosy pine wood salon that offers a complete range of treatments for relaxation. We look forward to help you escape from the daily hustle and bustle of life. Sometimes slowing down is all you need!

### QUICK FIX MASSAGE

#### Face Massage

25 mins ..... £15.00

#### Indian Head and Neck Massage with Steam

40 mins ..... £43.00

#### Arms and Hand Massage

30 mins ..... £25.00

#### Foot Reflexology

30 mins ..... £43.00

#### Foot Reflexology with Stretching

45 mins ..... £55.00

#### Back and Shoulder Massage

30 mins ..... £35.00

#### Back and Shoulder Massage with Back Stretching

45 mins ..... £45.00

#### Full Leg Massage

30 mins ..... £40.00

#### Full Leg Massage with Leg Stretching

45 mins ..... £48.00

### BODY MASSAGE

#### BODY SCRUB

40 mins..... £45.00

#### ABHYANGA INDIAN MASSAGE

75 mins..... £65.00

An Indian Ayurvedic massage using luke warm medicated oil and long gentle strokes which helps in detoxification, relaxes tense muscles and improves metabolism.

#### BALINESE MASSAGE

60/90 mins..... £58.00 • £75.00

A relaxing massage using combination of gentle stretches, acupressure and aromatherapy oils to stimulate the flow of blood and bring deep relaxation and wellness.

#### SWEDISH MASSAGE

60/90 mins..... £58.00 • £75.00

A soothing and comforting massage using full-handed strokes focusing on the stress areas of your body.

#### DEEP TISSUE MASSAGE

60/90 mins..... £60.00 • £77.00

A deep pressure massage which relieves muscular tension and balances energies for well-being.

#### HOT STONES MASSAGE

75 mins..... £70.00

The Scandinavian massage combines the healing method of stones and the ancient art of massage. The stone provide total energy to heal the body and soul.

#### SIGNATURE MASSAGE THERAPY WITH THAI STRETCHING

60/90 mins..... £70.00 • £85.00

A unique blend of East and West techniques. A Thai style massage with yoga stretches combined with relaxing aromatherapy to increase body flexibility and relax the mind.

FOR APPOINTMENTS,  
PLEASE CALL  
**0139 7712158**  
TIMINGS: 10AM TO 7PM

PRICES ARE INCLUSIVE OF TAXES.

THE LITTLE SALON AND SPA, THE WHISPERING PINE LODGE, SPEAN BRIDGE, PH34 4DZ, SCOTLAND, UNITED KINGDOM.