



Blue Andaman

THAI THERAPY

M E N U

Traditional Thai Style Yoga Massage

£55

Thai Yoga Style massage is a relatively new concept here in the UK, but it's a treatment that brings a true sense of relaxation and connecting with your inner self - using natural energies in the body, our team will take you through a series of movements, breathing, flexibility and other exercises which all aim to quietly work away any inner stress and body tension - leaving you relaxed and rejuvenated at the end.

Deep Tissue Massage with hot oil & tiger balm

60
minutes

- £45

Enjoy a relaxing session with our expert team with this deep tissue massage, complete with hot oil and tiger balm (where required). Hot oil is applied to the body during this restorative massage, using a medium to firm pressure. Our naturally blended massage oils are used in smooth flowing massage strokes to relieve tension. Benefits include reduced stress levels, increased mobility & muscle flexibility, better circulation & lower blood pressure, detoxification and of course reduced anxiety.

90
minutes

- £65



www.blueandaman.co.uk

