

Massages

The Swanage Haven offers a full range of massages. From a soothing face massage and revitalising leg massage, to a reviving neck, shoulder & back massage. Or why not treat yourself to a relaxing full body massage that will leave you feeling fabulous all over.



Full Body Massage

A truly holistic experience, focusing on relaxing the muscles and calming the emotions, using almond or lavender oil, this massage aims to improve blood flow to the muscles while loosening the knots and tightness occurring during our every day lives. £40.00 (Allow 1 hour)

Shoulder & Back Massage

This fusion of eastern and western massage helps to restore your body's natural equilibrium incorporating pressure point techniques and specially blended oils. £25.00 (Allow 35 min's)

Head, Neck and Facial Massage

A soothing treatment including a facial cleanse and massage to the head, neck and face. £25.00 (Allow 35 min's)

Hot Stones

Smooth, glistening heated stones are massaged into the body, increasing circulation and also helping to ease muscular tension.

This hot stones massage is a wonderfully relaxing and energising treatment. £40.00 (Allow 1 hour).



Facials

Discover a range of indulgent facials that work to revitalise, replenish and hydrate, leaving you with healthy, glowing skin. Our skin firming treatments are fantastic face care delights, tightening, toning and refreshing tired skin and taking years off you

Collagen Eye Treatment

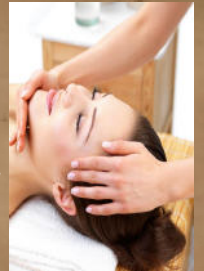
Targeting the delicate contours of the eyes, this treatment focuses on re-hydrating, diminishing fine lines, puffiness and dark circles to lessen the signs of ageing. £25 (Allow 30 min's)

Collagen Facial

This hydrating facial is designed to target fine lines and wrinkles. A collagen mask and serum applied to the face and neck help to lessen the signs of ageing. £40.00 (Allow 45 min's)

Radiance Facial

Designed to refresh and rejuvenate the skin this hydrating facial includes cleansing, exfoliation and a choice of either facial massage or face mask to address your skin concerns. £30.00 (Allow 35 min's)



*** Please note we can only accommodate one therapy at a time in our treatment room.**