



Senses
spa Signature
Treatments

Chirada's

Detoxifying Deep Tissue Sports Massage and Harnn Facial

Deep Tissue Sports Massage. This is a strong massage that concentrates on stretching the muscle fibres to release tension in the fascia that may otherwise cause restricted movement and pain.

By generating increased bloodflow and thus improving circulation Sports Massage can improve flexibility, prevent injury and speed up the healing process of sore or pulled muscles.

Follow this with a Harnn Facial, a superior treatment that includes the healing benefits of massage.

This will stimulate the lymphatic system by massaging marma points inspired by Ayurvedic healing principals combined with a mask designed to rebalance and calm delicate or fragile skin.

2 hours 30 mins - £120

Issareeya's

Yin and Yang soothing Aroma Meridian Massage

A unique aromatherapy massage based upon Chinese belief of Yin and Yang.

A warm compress of herbal extract is applied to warm the body's meridian pathways and stimulates acupuncture points.

A soothing massage follows using aromatic essential oils.

2 hours - £90

Pat's

Anti-stress therapy

Following the foot bathing ritual using lemongrass and a Harnn aroma salt scrub, Thai press techniques will be applied to the 26 energy points and energy lines on your neck, shoulders, head and arms.

A body massage using a heated poultice or Hot Stones will ensure you are fully relaxed, feeling positive and stress-free. A face, head and scalp massage is included to complete this fabulous treatment

2 hours 30 mins - £95

Jessica's

Full Body Paraffin Wax

The use of warm paraffin wax on the body has a very soothing and therapeutic effect. The warm paraffin wax applied to the skin makes the blood vessels expand and therefore helps the circulation to bring healing nutrients to the surface and flushes toxins out of the skin.

The overall effect of a paraffin wax treatment is softer, firmer, more hydrated skin. This is a fantastic treatment for anyone with dry skin.

It comes highly recommended as a treatment for painful joints i.e arthritis in hands or feet especially in the cold winter months.

This treatment begins with a full body exfoliation before the application of warm paraffin wax from the neck to the toes. A relaxing scalp massage completes this wonderful experience.

2 hours 30mins - £120

Anan's

Absolute Massage with Chakra Balancing

This treatment has been specifically designed by one of our Thai therapists in order to balance the chakras of the body, starting as always with our Thai foot bathing ritual, the treatment then follows with a relaxing full body massage that includes an Indian head massage, using warm essential oils.

This wonderful treatment is then completed with the use of crystals to clear energy points. Guests will feel the benefit from this treatment as it will release tension in muscles, increase blood circulation and help to balance the mind and body.

2 hours - £80

*Signature
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A decorative graphic in the bottom right corner of the page. It features several pink leaves of various shapes and sizes, some with detailed vein patterns, attached to thin, elegant, curving pink stems. The design is artistic and complements the overall color scheme of the page.



Opening Times:

Mon-Tue	9am - 6pm
Wed-Thu	10am - 8pm
Fri - Sat	9am - 6pm
Sun	10am - 6pm

5 Senses Spa

118 Clifton, York YO30 6BQ

t +44 (0) 1904 623 745

e info@5sensespa.com www.5sensespa.co.uk

