

# ESPA

Natural Beauty  
Inner Calm

## Strength & Resilience Massage



Launches April 2018



**Transform mind & body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage.**

Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life's unexpected journeys.

**An amazing 80 minute treatment for £80**

**Book your Strength & Resilience Massage at the Spa Reception today**