



RE-BA
FITNESS

wellbeing treatments

Our treatments benefit both mind & body by releasing stress, improving muscle tone, discouraging toxins, re-conditioning the skin and encouraging greater wellbeing by reducing painful tension leaving mind & body fully relaxed.

stress and tension massage £18 for 30 mins

An investigative massage lasting 30 mins. During this time the therapist will test for muscular tension while you lie fully clothed. Once located stimulation of the area releases the tension and relieves pain. Good for headache, backache and postural fatigue.

deep tissue massage £30 for 1 hour (body specific)

A deep penetrating massage, particularly beneficial for boosting the immune system. Through precise movements and application chronic tension and toxins are released from the muscles. Blood and oxygen circulation is increased.

holistic massage £35 for 1 hour

For greater wellbeing, long, massaging strokes in the direction of the heart help to rid the system of lactic and uric acid and other metabolic waste. This relaxing massage will help to improve the circulation and help to relieve tension post muscle strain.

RE-BA Fitness Studio

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swedish massage £38 for 1 hour

An invigorating and relaxing treatment using different stimulating and flowing movements. Increases and improves blood and oxygen circulation to the muscles. Easing tension and relaxing muscles.

sports massage

£50 for 1 hour full body

£25 for 30 mins body specific

Beneficial for sportspersons and those with busy and physically demanding lifestyles. This treatment can enhance performance, prevent injury and reduce recovery time after activity. It reduces pain, stiffness and inflammation and can help improve the circulation and help to relieve tension post muscle pain.

Inversion Therapy

£20 for 20 mins

Relieves back pain, eases stress, improves joint health, increases flexibility, improves fitness and builds core strength.

Heat Treatment

£20 for 20 mins

Application of heat opens muscles and relaxes joints, aiding muscle penetration. Warmth nurtures the body and offers immediate relief to sore and tired muscles.

skin boost massage £40.00 for 1 hour (body specific) full body available on request

A very special skin care massage treatment. Exfoliation polishes the skin promoting cell renewal and stimulating blood flow. The skin is cleansed and through deep, long flowing strokes re-conditioned with relaxing massage oils. Boosts the circulatory system helping cellulite reduction.

foot massage £25.00 for 1 hour £15.00 for 30 mins

Feet are bathed and cleansed and placed in a foot spa to ease and relax tired and aching limbs. Feet and legs are massaged to improve circulation and reduce tension. As part of the treatment the neck and shoulders are also massaged leaving the body relaxed from head to toes.

neck, shoulder and back massage £35 for 1 hour

A popular treatment for problematic areas of tension. Especially good for anyone suffering from headaches and backache. If your occupation or past-time finds you regularly at a desk or computer or stress builds up in the shoulders then this treatment is for you.

Home or office treatments available on request.

