

SPA TREATMENTS MENU



A MESSAGE FROM JANA WATSON

OUR RESIDENT THERAPIST

With over 20 years of experience, I specialise in massage therapy and holistic healing to enhance well-being, improve mobility, and promote deep relaxation. I am passionate about supporting individuals who have experienced trauma or emotional distress.

My tailored massage techniques help facilitate recovery and rehabilitation, offering emotional and psychological relief.

Massage therapy is a powerful tool for reducing anxiety and stress, improving sleep quality, and fostering a balanced, restful life.

In addition to addressing emotional well-being, I have extensive expertise in remedial techniques to counteract the effects of modern lifestyles. Prolonged sitting and technology use can strain the muscular system, affecting posture and mobility. My therapies realign and restore natural movement patterns, relieving tension and improving physical and emotional well-being.





TAILORED THERAPIES BY JANA WATSON

Each treatment is delivered with heartfelt care, expertise, and a commitment to your well-being.

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60 minutes £145

90 minutes

£210

If you would like to arrange a treatment with Jana, please dial 6034 to book through our Concierge Team.

Soft Tissue Therapy

A targeted treatment that relieves deep muscular tension, improves mobility, and aids recovery from injury or postural strain. Combining deep tissue, myofascial release, and trigger-point work, it's ideal for both athletes and those with chronic pain or movement restrictions.

Sports Massage

Designed for active bodies, this focused therapy prepares muscles for performance, speeds recovery, and helps prevent injury. Combining deep tissue techniques with stretching, it enhances flexibility and relieves built-up tension from repetitive movement.

Manual Lymphatic Drainage (MLD)

A light, rhythmic massage that stimulates the lymphatic system to reduce swelling, detoxify the body, and boost circulation. Ideal for post-surgical care, lymphedema support, or overall wellness.

Deep Tissue Massage

This intensive treatment works deep into muscle layers to release chronic tension, improve circulation, and restore ease of movement. Perfect for stiffness, postural imbalance, or stress-related muscle tightness.

Clinical Massage

A results-driven therapy tailored to specific conditions such as repetitive strain, rotator cuff injuries, or chronic headaches. Using a combination of advanced techniques, it addresses both symptoms and root causes to support long-term mobility and comfort.

Post-Operative & Cancer Support Massage

A gentle, supportive treatment adapted for those recovering from surgery or medical treatments. Carefully tailored to your condition, it promotes relaxation, reduces discomfort, and supports emotional and physical healing.

The Traveller's Reawakening

A Jet Lag Recovery Massage

A sophisticated remedy for weary travellers, this restorative massage is expertly designed to counteract the effects of long-haul flights and time zone fatigue. Luxurious aromatic oils and targeted techniques promote circulation, release deep-seated tension, and gently realign your natural rhythms. Incorporating light lymphatic drainage and mindful breathing, this treatment leaves you rebalanced, rehydrated, and perfectly poised to enjoy your London stay.

Sole Harmony Ritual

A Foot Acupressure Experience

More than a foot treatment, this exquisite ritual draws on the timeless art of reflexology to restore inner harmony. Precision pressure is applied to key reflex points, stimulating the body's natural healing pathways, enhancing circulation, and relieving fatigue. A deeply grounding experience that revives from the soles upward, leaving you centred, light, and luxuriously renewed.

EXPERIENCE & APPROACH

Throughout my career, I've worked extensively with individuals affected by conditions such as cancer, multiple sclerosis, fibromyalgia, and osteoporosis. Each session is designed with the utmost care to ensure safety, comfort, and restoration.

My journey began with therapeutic care for children with disabilities, which inspired my dedication to holistic healing.

QUALIFICATIONS AND TRAINING

- · Diploma in Holistic Massage
- · Diploma in Anatomy, Physiology, and Pathology
- Diploma in Manual Lymphatic Drainage (Non-Medical)
- Level 3 Diploma in Sports Massage
- Diploma in Advanced Deep Tissue Massage
- Level 3 Oncology Massage (Cancer Care)
- BTEC Level 5 Diploma in Sports and Remedial Massage the highest level of training in sports massage therapy in the UK

PROFESSIONAL MEMBERSHIPS

Registered Member of the Institute of Sport and Remedial Massage (ISRM) - Membership Reference: 49852



