

MOVE MENTUM

SPA TREATMENTS

Prime to Perform

60/90 mins £165/£235

A pre-movement based treatment using the specialised Movementum movement enhancing oils and balms to increase circulation, prime the muscles and nervous system, preparing your mind and body for peak performance and optimal movement every day.

Movementum Regenerate

60/90 mins £165/£235

A regenerative treatment focused on accelerating recovery, reducing tightness, restoring mobility and function whilst regenerating both body and mind using the specialised Movementum blend of oils.

Movementum Functional Treatment

30/60 mins £90/£180

The functional movement treatment is a hybrid treatment experience focusing on mobility, flexibility and stability and can be used to optimise preparation, performance and recovery as a principal goal. This a dynamic treatment experience which involves your therapist performing assisted movement techniques alongside movement health technologies to enhancing form and function. A perfect treatment to support a full and active life.

