



MELISSA TORRONI

Melissa has a lifelong passion for alternative therapies, dedicating herself to exploring and mastering techniques that enhance the body's natural ability to heal and adapt. With expertise spanning Shiatsu, Thai Massage, Ayurveda, and Craniosacral Therapy, Melissa has cultivated a deep understanding of the body's complex functions. Her holistic approach is designed to support and optimize overall well-being, empowering clients to tap into their body's innate potential for balance and restoration.

Craniosacral Therapy Release

1 hour and 30 minutes **£320**

1 hour **£220**

Immerse yourself in the deeply restorative experience of Craniosacral Therapy, a profoundly gentle yet powerful treatment designed to release tension and restore harmony to the body. With the lightest of touch, your skilled therapist will work within the craniosacral system, addressing the delicate membranes and cerebrospinal fluid surrounding the brain and spinal cord, to unlock profound healing potential.

- **Pain Relief:** This refined technique helps alleviate tension and tightness in the head, neck, and back, offering relief from chronic pain and releasing both physical and emotional stress.
- **Relaxation & Stress Reduction:** The soothing nature of CST induces a state of deep relaxation, calming the nervous system and melting away the stresses of daily life, leaving you refreshed and balanced.
- **Enhanced Emotional Well-Being:** CST promotes not only physical relief but also emotional release, supporting an overall sense of well-being.

Enjoy the 1 hour 30-minute treatment, featuring a personalised 30-minute massage of your choice for ultimate relaxation.

Buccal Massage Experience

30 minutes

£100

Only available as an add-on to a facial or full-body massage.

Indulge in the ultimate facial rejuvenation with our exclusive Buccal Massage, a transformative treatment that works both internally and externally to restore balance and vitality to your skin. Using expertly gloved hands, your therapist will gently massage the inner cheeks while simultaneously working on external facial muscles to create a sculpting, tension-relieving experience.

- **Release Deep Muscle Tension:** By accessing the facial muscles from within the mouth, this precise technique targets tension in key areas like the masseter, effectively relieving jaw clenching and promoting relaxation.
- **Promote Lymphatic Drainage:** This unique massage encourages the natural flow of lymphatic fluid, reducing puffiness and enhancing the skin's detoxification process for a brighter, more refreshed complexion.
- **Enhance Facial Contouring:** With regular sessions, experience a visible lift in the cheekbones and a more defined jawline, as the massage relaxes facial muscles and supports natural contouring.