

# Hydrotherapy treatment spa, body scrubs and massage



Location **East of England, Hertfordshire**  
<https://www.freeadsz.co.uk/x-523159-z>



Welcome to our recently refurbished, long established massage and Jacuzzi spa centre.

We provide a variety of different therapeutic relaxing massages, exfoliating body scrubs and hydrotherapy treatments in beautiful surroundings

### HYDROTHERAPY

Sitting in warm water has been proven to benefit pain in muscles and joints. The weightless environment in water allows you to exercise easier so enabling blood vessels to expand and circulation to increase. Water at 36 degrees helps your body relax, stimulates a feeling of well being and a good cure for insomnia. Warm water increases blood flow to problem areas like arthritis giving relief. Our hydrotherapy hot tub pool has 4 types of massaging jets providing relief to the neck, shoulders, spine, lower back, legs and feet. Add a teaspoon of aromatic oil of your choice to the water, relax, breathe, gentle exercise and you have found a therapeutic, aromatic, sanctuary with scrupulously clean amenities. 10 POUNDS PER HOUR

### BODY SCRUBS

We provide exfoliating body scrubs with Dead Sea Salt (with extra magnesium) and grape seed oil. The Dead Sea Salt comes in 2 grades (fine and coarse) for you to choose from. 25 POUNDS PER HOUR. Grape seed oil has the perfect viscosity for a smooth relaxing flowing scrub.

Exfoliating body scrub with coffee granules and grape seed oil, baby oil or your favourite oil that you can bring with you. 25 POUNDS PER HOUR

A sweet smelling sugar body scrub with a choice of lemongrass, lavender or Tahitian orchid massage oil. 25 POUNDS PER HOUR

Sugar is the perfect light scrub for a top up before your holiday.

We offer a variety of therapeutic massages including:

1 hand massage, 20 POUNDS PER HOUR

2 hand massage, 30 POUNDS PER HOUR

4 hand massage, 40 POUNDS PER HOUR

A hot massage with deep heat and baby oil. 20 POUNDS PER HOUR

Head and foot massage. 20 POUNDS PER HOUR

Massage undertaken by a male masseur

4 hand massages undertaken by male masseur and female masseuse.

Free parking.

Individual service.



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Meticulously clean hot tub pool and premises.

Complimentary tea or coffee provided for hot tub users.

Towels provided.

To make an appointment call 07557653414 075576534...(click to reveal full phone number)

If you don't get a reply just text us, we may be busy.

Opening times 7am - 10pm. 7 days a week.

NO WITHHELD NUMBERS WILL BE ANSWERED.

THIS IS NOT A SEXUAL