

# BRISTOL LIDO

## Classic Lido Massage | 60 mins | £65

Your treatment will draw on a variety of classic massage techniques for a full body massage. Whether you're looking for a relaxation experience or a more concentrated massage for problematic areas, the Lido's Classic Massage treatment will relax, restore and revitalise. Simply, a great experience.

## Couples Massage | 60 mins | £130

The Classic Lido massage for two, in our couple's treatment room.

## Back, Neck, Shoulder & Facial Massage | 60 mins | £65

This is the perfect pampering session with half an hour back, neck and shoulder massage followed by a mini facial. Great for relieving tension in the back, neck and face.

## Facial Massage | 60 mins | £65

Designed to help reduce stress and relieve tension in the face and head with the use of pressure points. This increases circulation which brings oxygen and essential nutrients to the facial muscles and skin, nourishes skin, balances sebum, relieves irritation and eases congestion by improving the removal of toxins.

## Foot, Hand & Head Massage | 60 mins | £65

This can help with deep relaxation for stress, anxiety, depression and over thinking. Equally great if you want some pampering or you're not sure about a full body treatment.

## Pregnancy, Back & Leg Massage | 60 mins | £65

This gorgeous massage ensures not just a relaxed spirit, but the time and space to connect with your unborn child. You'll be positioned and supported appropriately. We use our own blend of oil to nourish the skin along with a combination of soothing strokes, joint mobilisation, re-balancing energy techniques and deep pressure designed according to your unique experiences.

\*Please note this treatment is only available in the second and third trimester\*

## Bamboo Massage | 60 mins | £65

Our bamboo massage is a deep tissue massage using heated bamboo sticks for deep and warm muscle manipulation.

## Exfoliation Massage | 60 mins | £65

This will stimulate your circulation and in turn increase oxygen to muscles, remove lymph and excess fluid from tissues, cleanse the systems, exfoliate the skin, improve muscle tone and help breakdown cellulite. All followed by a relaxing dry body oil application.

## Hot Stone Massage | 60 mins | £65

A deeply relaxing and therapeutic body massage incorporating use of hot stones and our own creation of essential oils to warm your body from head to toe.

\*Please note this treatment is not available during July or August\*