ōm

Treatment Menu

Serving you a happy mind and a healthy body
in every ōm Experience.

Aromatherapy Massage

Our signature relaxation treatment.
Drift away with massage techniques that are specially adapted to your needs, easing muscle tension and balancing your mind, with your chosen ***Ōm*** essential oils, absorbed & inhaled throughout this blissful experience.

Back (40 Minutes)	£28.00
Full Body, incl. Scalp (70 Minutes)	£40.00

Pre-Natal Massage

A safe and comfortable treatment for the mother-to-be.
As you go through those dramatic body changes, we aim to relieve any physical and mental fatigue; improving muscle & joint functions and circulation. An extremely theraputic treatment; the ultimate serenity for Mum.

Back (40 Minutes)	£28.00
Full Body, incl. Scalp (70 Minutes)	£40.00

Crystal Healing Massage

A holistic treatment for complete mind, body & spirit well-being.
This is a deep, stress-relieving and rejuvinating experience where we balance the chakra's using powerful crystals, focusing on energy-work to achieve absolute inner-peace.

Full Body, incl. Scalp (70 Minutes)	£40.00

Deep Tissue Massage (with Pulsio Machine)

A perfect recovery treatment to release muscle tension.
We use slow firm pressure to focus on the deepest layers of muscle tissue. Ideal for tense and tired bodies to feel invigorated & increase mobility. We incorporate the Pulsio Machine for intense percussive therapy (A powerful, soft tissue treatment machine using repetitive vibration and pulsing movement).

Back (40 Minutes)	£36.00
Full Body, incl. Scalp (70 Minutes)	£48.00

Luxury Hot Candle Massage

An indulgent treatment, warming the body and stimulating the senses.
Using your chosen ***Ōm*** essential oil massage candle; enjoy the blissful sensation of it nourishing your skin as we work to relieve muscle tension, filling the room with the aroma of our unique essential oil blends. This treatment is the perfect pick-me-up, walk out on cloud nine with ultra-soft skin.

Back (40 Minutes)	£32.00
Full Body, incl. Scalp (70 Minutes)	£46.00

Salt Scrub

Exfoliate away dead skin cells in the *Ōm soothing salts* body scrub treatment.
Replenish and revive tired and dry skin. Perfect as a pre-holiday or pre-spray tan treatment.
Available on it's own or as an add on to a massage treatment. Includes hot towel removal and hot *Ōm* essential oil application.

	£18.00
Full Body (40 Minutes) As an Add on	+£12.00

Before your first treatment, you will be required to fill out an online information form and attend a consultation (in-person or over the phone). This will highlight any contraindications, answer any quieries and ensure the *Ōm* treatments are suitable for you. This needs to be completed by a minimum of 24 hours before your appointment to confirm your booking.

If you have any questions, please don't hesitate to contact Charlotte via:
omholisticuk@gmail.com

Gift Cards are also available individually or added to our ***little box of calm.***