

Massage

This is an invigorating Swedish body massage to help improve skin and muscle tone, rid the body of toxins and improve circulation.

Full Body

Drift off while you enjoy an all-over body treat to promote deep relaxation

60 minutes

Back, Neck & Shoulder

30 minutes

Head, Face & Neck

30 minutes

Foot & Leg

30 minutes



Paraffin Wax Treatment

Warm, melted paraffin wax is used to give your skin a soft velvety feel

Hand and Arm or Foot and Leg

After a massage, warm paraffin wax is brushed onto your feet or hands and they are then wrapped up to let your skin absorb the oils. Once the wax is removed a reviving massage completes the treatment.

60 minutes

Chocolate Therapy

A lovely massage using warm melted chocolate...mmmm!

Hand and Arm or Foot and Leg

Similar to the paraffin wax treatment but with chocolate instead

60 minutes

Indian Head Massage

A combination of massage moves on pressure points over your head neck and shoulders

Indian Head Massage

An invigorating treatment to leave your head feeling light and fresh

30 or 60 minutes

Reflexology

Each part of your body is worked on through pressure points on your feet to restore natural balance and give a feeling of complete relaxation (includes a lower leg massage where possible)

Reflexology Treatment

Natural, organic products are used to create a truly blissful experience!

30 or 60 minutes

Facials

Each facial includes a cleanse, tone and moisturise with a face massage to leave you with healthy glowing skin

Feel Good Facial

30 minutes



Deluxe Facial

This treatment includes a scrub, face mask and arm and hand massage

60 minutes

Hopi Ear Candles

Hopi ear candles create a chimney effect drawing out any residue from your ear canal

Hopi Ear Candle Treatment

A lovely relaxing treatment including a facial massage

30 or 60 minutes

Reiki

Rebalance your body and mind with this gentle non-contact treatment

Reiki Treatment

Working on your energy flow whilst you relax on the couch (you remain fully clothed during this treatment)

30 or 60 minutes

As therapists we are not medically qualified and therefore cannot diagnose anything (this is the job of your G.P./ Specialist). However, our approach is holistic - this means that we look at the whole body to give you an integrated healing process for your body and mind.



For feet treatments, it is recommended that you wear loose clothing or trousers that can be rolled up to the knee. For all other treatments you will be required to remove your clothing above the waist (or down to your underwear for full body massage)

Pre-blended *aromatherapy* oils are used for all of the massage treatments - these are absorbed and inhaled to enhance your experience and to help further balance your body

Contact Esc:
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Treatment List



Esc aims to let you escape from everyday life.....

All of our treatments have the aim of making you feel completely relaxed. Reflexology and massage are particularly effective at tackling stress, whilst the facials and warm therapies can be used as a lovely time-out treat.

Our philosophy is to use completely natural products where available.