



AROMATHERAPY
MASSAGE, HOLISTIC
TREATMENTS
AND YOGA

By Claire Jennings

WOODA
Since 1975

Meet Claire – An experienced therapist in aromatherapy massage, Indian head massage and hot stone massage as well as an accomplished yoga teacher, Claire brings the word relax to life.

Aromatherapy Massage

Indulge in 30 – 90 minutes of pure blissful relaxation, a time to switch off and let the stresses and strains of everyday life ease. Each massage uses natural essential oils that are freshly blended at the start of your treatment to help soothe tired muscles and stimulate blood flow and drainage. All essential oils have therapeutic benefits, ranging from relaxing through to stimulating, anti-inflammatory to hormone balancing and below is a list of all the oil combinations available for you to choose from:-

Step One – choose your massage

Face and Scalp	30 mins	£25.00
Fully Body	60 mins	£45.00
Wooda Deluxe full body plus face and scalp massage	90 mins	£65.00

Step Two – choose your essential oil

1. English Rose

A balancing and soothing feel good British blend of english rose absolute and lavender

2. Mediterranean

Relax and drift off to shores of the Mediterranean with a blend of sweet Geranium & balancing bergamont

3. Hawaiian

Healing and tropical, using a blend of Frangipani, orange blossom and ylang-ylang for an uplifting experience

4. Surfer's Paradise

Unwind after a surf session with a soothing and warming blend of ginger, sandalwood and sweet orange to help re-invigorate tired muscles

5. Beach Retreat

Sooth or cool sun-kissed salty skin after a beach day with a soothing blend of Chamomile and lavender, or cooling lemongrass and thyme

6. Oriental Experience

Journey through an oriental flower garden as you unwind with sweet jasmine, lemongrass & may-chang

7. Custom Blend

Custom blend to suit your mood from a selection of 35 essential oils

Please Note: Aromatherapy massage is not suitable for sun damaged, broken skin and alongside other medical conditions - please discuss with Claire prior to treatment taking place.

Treatments can be carried out in the privacy of your own accommodation or at the tranquil treatment room at Hannah Rose Beauty. Please let Claire know where you would like your treatment to take place at the time of booking.

Book Your Treatment

Demand for treatments is high, so please book ahead to avoid disappointment.

Call: 07899967477 | Email: relax@wooda.co.uk

Holistic Treatments

Holistic means healing and considers the whole person including mind, body, spirit and emotions. Using traditional techniques the treatments below have been designed for optimal wellness, leaving you feeling energised and balanced.

A Treat For Your Feet	30 mins	£25.00
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An energising zesty lime and peppermint massage of the feet and lower legs, great if you have been walking the rugged coastal path

Traditional Indian Head Massage	30 mins	£25.00
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Fully clothed head and shoulder massage to release tension, clear the mind and lift the spirit

Deluxe Indian Head Massage	60 mins	£35.00
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Traditional massage combined with yoga techniques to release tension, ease tired muscles and relieve headaches. Includes a gentle aromatherapy facial massage

Full Body Hot Stone Massage	60 mins	£45.00
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Using ancient healing massage with basalt stones to ease tired muscles, relieve tension and help heal damaged tissue throughout the body

Yoga Classes

Join Claire every Wednesday morning at 10am throughout peak season for an energising start to the day. Classes are perfect for all abilities and children over the age of 12 are welcome.

Classes take place outside on the lawn to soak up the panoramic countryside views as much as possible but on wet days classes are held in the Sports Barn.

All equipment provided.

Please book your place at reception	£8.00 per person
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Bespoke Private Yoga Sessions

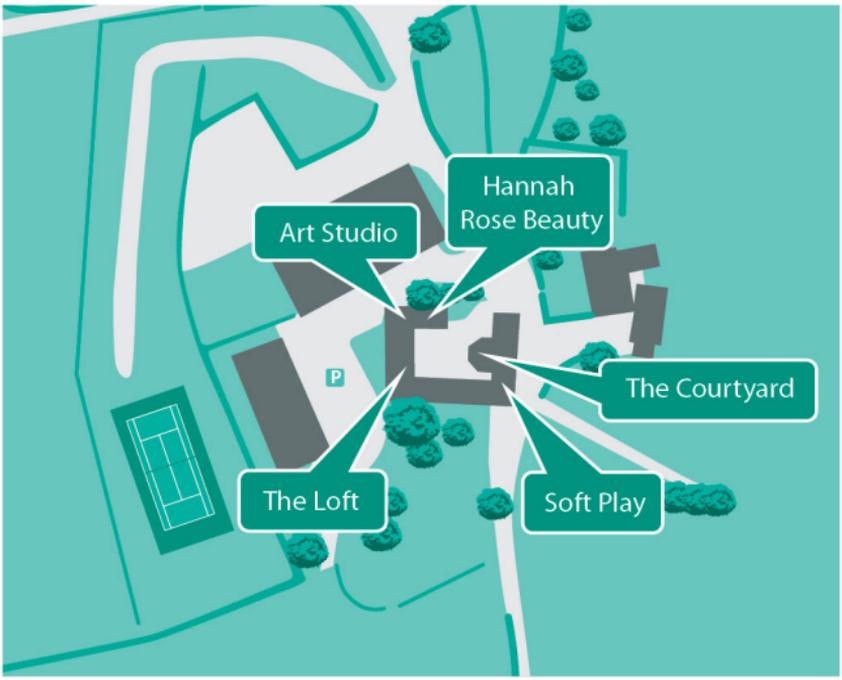
Book a private one-on-one session or a small group session where you can bring a sense of calm and stillness to your body. Sessions can be held on the beach, in the woodland or within your accommodation.

One-to-one private session	60 mins	£45.00
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Additional person(s)	£5.00
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Terms and Conditions

Cancellations with less than 24 hours notice will incur the full price of the treatment. Cash or BACS payments only.



Claire Jennings: Krama Yoga, Massage, Aromatherapy

To book a beauty treatment:

Call 07899967477 or email relax@wooda.co.uk

or ask at reception.



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