



SOH MASSAGE

SPA TREATMENTS & PAMPER PACKAGES



FULL BODY BLISS | £50 - 60MINS

A therapeutic full body massage, aimed at relieving aches and pains throughout the body. Using a variety of techniques and the pressure of your choice, which will leave you feeling relaxed and refreshed.

EXPRESS RADIANCE FACIAL | £25 - 30MINS

A tailored facial treatment that incorporates organic products with a relaxing massage using acupuncture points on the face, and combining lymphatic drainage to eliminate toxins and reduce tension. Leaving the skin feeling fresher and looking more radiant.

LOVELY LEGS TREATMENT | £50 - 60MINS

A great treat for those that are always on the go and suffer with aching legs and feet. Includes a smoothing body polish from toes to thighs, followed by an energising massage, a softening mask is then applied and finished off with a nourishing body balm to renew and re-balance those luscious legs.

BACK, NECK & SHOULDERS | £25-£50 - 30-60MINS

A therapeutic massage personalised to your needs. Great for reducing tension and stress, or just for times when you need that total relaxation.

REJUVENATING SIGNATURE FACIAL | £50 - 60MINS

A tailored anti ageing facial treatment that incorporates organic products with a relaxing massage using acupuncture points on the face, and combining lymphatic drainage to eliminate toxins and reduce tension. Evening the skin tone and leaving a more youthful and brighter complexion. Also includes a complimentary hand or foot massage.



TIME FOR TWO PAMPER PACKAGE

Treat you and your loved one to some precious pamper time and save 10% off your booking. Pick any treatment from the list, can be 2x 30 minute treatments or 1x 60 minute treatment per person. (10% off for bookings of 1 hour treatments per person).

DEEP CLEANSE BACK TREATMENT | £25-£50 - 30-60MINS

The treatment starts with a rejuvenating and toning body polish, followed by a soothing back massage and finishes with a super hydrating and nourishing body balm to leave skin feeling soft and supple.

A TREAT FOR YOUR FEET | £25 - 30MINS

Banishes tired, aching feet. Especially good for bad circulation and arthritis sufferers. Leaves your feet feeling refreshed, smooth and nourished. Includes: A softening foot scrub, followed by a relaxing foot and calf massage, then a soothing mask is applied and finished off with a revitalising foot balm.

HEAVENLY HANDS | £25 - 30MINS

Great for hard working and sensitive hands. Especially good for arthritis sufferers and bad circulation. Includes: A gentle exfoliator to nourish dry hands followed by a hand and arm massage, then a soothing mask is applied, and finished off with an intensely hydrating moisturiser.

CHEST, FACE & SCALP MASSAGE | £25 - 30MINS

Focusing on the acupuncture points of the face and scalp, combining lymphatic drainage to eliminate toxins, and reduce tension in the facial muscles. This technique can improve circulation to enhance the appearance of the skin. Especially beneficial if you suffer from headaches or migraines, and congested skin.

FAMILY AND FRIENDS PAMPER PACKAGE

For 3 or more. Celebrate that special occasion with some fabulous pamper time. Great for, hen parties, birthday celebrations, family reunions, get togethers and more. Save 15% off your booking. Pick any treatments from the list.

Save even more when you want to add some extra treatments, to experience an exquisitely luxurious pamper session. Contact us to find out more.



Bringing the spa to you. Offering mobile spa treatments and packages to suit everyone in the Perthshire area. To experience some me time, for the couples quality time you've been wanting, treating the bestie, a birthday celebration, hen party, mother and daughter time and many more special occasions. From the comfort of your own home, holiday accommodation, and event space. Packages available at discounted rates, please contact us if you have any questions, we are more than happy to tailor your spa experience to suit your needs and requirements.

Bookings can be made online at www.sohmassage.co.uk
our Facebook page www.facebook.com/SohMassage and
if you'd like to chat to us you can email us at hello@sohmassage.co.uk or
give us a call on 07848155797