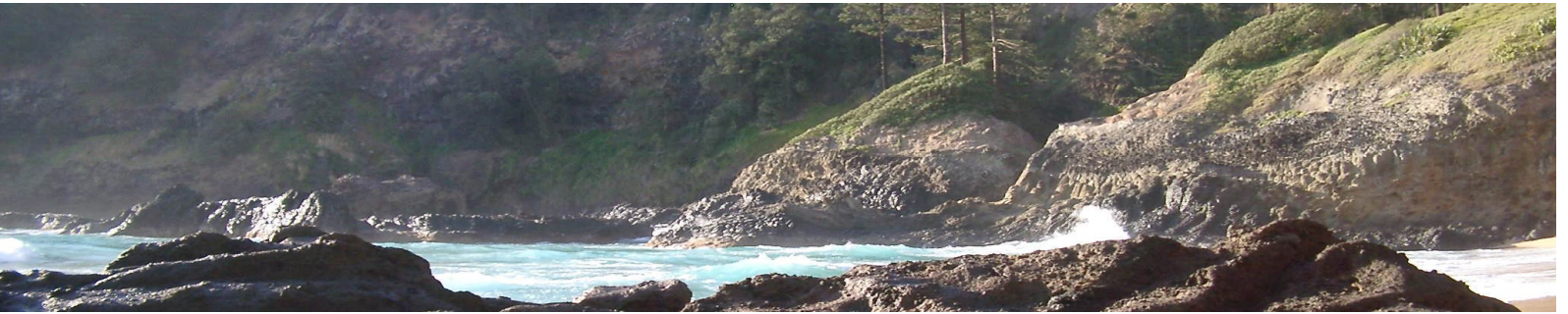


Relax, Unwind, Restore - Massage



Norfolk Time - After this massage you'll be as relaxed about life as the Norfolk locals. Combines our favourite relaxation massage techniques with some gentle aromatherapy. Available as 1 hour, 90 minutes or 2 hour pampering.

The Best De-stress - A massage which combines Swedish, Sports, Deep Tissue, Shiatsu and simple aromatherapy into our own unique massage style. You'll feel like a different person by the time we're finished! 1 hour, 90 minutes or 2 hours.

Refrain from Pain - Sore back? Sore neck? Frozen Shoulder? Lack of movement due to injury? This combination of Sports and Therapeutic massage will get rid of the grimace and bring back the smile! 1 hour, 90 minutes or 2 hours.

Heaven and Earth - Massage which treats the neck and scalp followed by the most thorough foot massage we can give. Enjoy this one, a gift to yourself! 30 minutes duration.

Shiatsu Style - If you're often tired and lacking energy, Shiatsu is for you. This massage is done on the floor, fully clothed and uses Shiatsu techniques. Shiatsu realigns your body using gentle pressure. 90 minutes.

Not Thai, Not Shiatsu - Our own style of massage, also done on the floor using the feet as well as the hands to massage. Techniques include muscle rolling, muscle shaking, muscle kicking, gentle stretching as well as some of our favourite Shiatsu skills. You'll be amazed how great this feels. 60 minutes.

Deep Tissue - Using the Raynor Technique of Therapeutic Massage, George combines the most effective techniques from a variety of massage styles in a full body massage. 90 minutes or 2 hours.

Men and Massage - If you like an extra heavy massage, then we've got the massage for you. Definitely not for the faint hearted. 90 minutes or 2 hours.

Make an appointment at Cumberland Reception.

**30 min massage \$30 / 60 min massage \$59 / 90 min massage \$80
2 hr massage \$100 / in room call out fee \$10 extra**