

THE SHEPHERD'S HUT

Our Spa Shepherd's Hut has arrived...



Make your stay even more special and book a treatment in the newly arrived Shepherd's Hut. Available from mid-April, our warm and cosy Spa Hut offers massages and a special Biodynamic Bodywork treatment by our resident Specialty Practitioner, Lino Zinchi. Lino is known for his structural integration therapies, blending Western science and Eastern philosophy, to address imbalances in the skeleton and muscles. His powerful technique tackles both the anatomical and physiological, resulting in improved posture, physical ease and more energy. Or for a more relaxing affair how about indulging in one these treatments...



Relaxing Massage

A gentle and relaxing massage using long smooth strokes and circular movements on the body. Promotes relaxation and relieves stress.

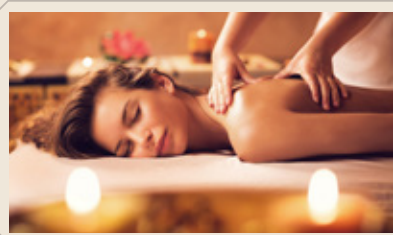


Firm Tension Release

A robust and deeper massage using slow strokes and friction to target the deeper layers of muscle and connective tissue. Reduces knots and releases chronic muscle tension.

Neck, Back and Shoulder

A gentle or robust massage targeting concentrated aches and tension in the back, neck and shoulder area. Loosens the muscles and promotes relaxation.



To make your booking call reservations on +44 (0) 1372 571305
or email reservations@beaverbrook.co.uk

