



HILLHOUSE

Welcome to Hillhouse, where we aim to provide you with the perfect environment to unwind, relax and rejuvenate. Realign your body, mind and spirit and indulge yourself with a relaxing, stimulating or therapeutic massage.

Treat yourself to your own personal session which will help bring every part of you into perfect balance.



Hot Stone Massage

This all encompassing treatment brings harmony to the body and mind using hot stones. A deeply relaxing massage stimulates the circulatory system, improves energy flow and helps release stress and muscle tension. Swedish and deep tissue strokes may be used if requested to ease areas of tension.

Golfers Experience Massage

A calming yet energising massage focusing on not only the back neck and shoulders but also the legs and in particular, the glutes helping to reduce tension, increase circulation and provide a feeling of well being.

Swedish Massage

Our signature massage and the foundation of most massage therapy. Swedish massage is both energising and relaxing whilst working rhythmically as deeply or gently as required.

A unique and personalised massage designed to focus on pain reduction, promote improved sleep and stress relief whilst increasing your range of movement, muscle toning, boosting energy levels and helping to prevent injury.

Deep Tissue Massage

Similar to Swedish massage with its slow and powerful healing strokes but working deeper into the layers of muscle fibers. Your therapist will use specialist massage strokes incorporating knuckles, finger pressures, elbows and forearms and use techniques such as trigger point therapy and myofascial release.

Deep tissue massage is particularly beneficial for chronic muscular tension and pain, sports injuries and to help aid a flowing range of movement.