



littlehaven
AT HOME

WOMENS | MASSAGE | WELLNESS



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Massage menu

Our clients health & well-being is our number one priority!
We have a team of friendly, qualified and insured therapists,
ready to provide a 5* service to you at home.

Full Body - 60 mins

£45

Enjoy a classic full body massage including, back, neck, shoulders, legs, arms and hands.

Top Half - 60 mins

£45

Focus on the back, neck, shoulders, scalp, arms and hands.

Top to Toe - 90 mins

£60

De-stress and unwind with a full body massage including scalp.

Pregnancy Massage - 90 mins

£60

*Top to toe massage to help relax and reduce aches & pains.
Perfect for any mum-to-be, from 2nd trimester (12 weeks+).*

The Ultimate Massage - 2 hrs

£75

*For the woman who wants it all! Enjoy a top to toe massage
and a 'Natural Lift Facial'.*

Couples Massage - 60 mins £40pp / 90 mins £55pp

*A perfect spa day or date night idea! 1 x therapist provides
back to back treatments for you and your partner.*

Natural lift facial

Natural Lift - Facial Massage is fast becoming a much
sought-after, effective, relaxing and popular facial treatment.
Think of it as a complete workout for the skin!

Using a mixture of micro-massage techniques from India, Japan and China.
You can see an instant result from your first treatment, however, we recommend
courses of 4, 8 or 12 treatments.

Enjoy weekly to see the best results. A monthly maintenance appointment is
advised, this will keep the skin looking healthy, radiant and feeling its best!

Benefits:

- Improve appearance of expression lines and wrinkles
- Improve skin health
- Relax and de-stress
- Workout for the skin and muscles
- Tighten and tone
- Improve skin texture, suppleness and radiance
- Maintain a fresh, youthful appearance

Individual - 50 mins

£45

Weekly - 50 mins (x4)

£160

Add back, neck and shoulder massage for an extra £15 (75 mins)

Want a regular appointment?

Ask about joining our monthly membership club!
For priority bookings and offers.



Sparty menu

The perfect way to celebrate! Birthday, bridal, baby shower, ANY reason to get the ladies together. All in the comfort of your own home.

Mini Sparty - 25 mins

1 therapist for 4-6 guests, 2 for 7+ guests.

£25pp

Choose between a mini massage or a mini facial.

Classic Sparty - 50 mins

1 therapist for 2-4 guests, 2 for 5+ guests.

£45pp

Choose between a full body massage a top half massage or a natural lift facial.

Sparty Plus!

Speak to us to create your own bespoke 'Sparty'.

We can tailor our services to suit your requirements. This includes; events, spa days and larger groups. We can provide multiple treatment stations including a nail bar!

Prices will vary depending on party size and treatments required.

**All 'Spartys include FREE fizz and foot soak!
Add robe hire & slippers for an additional £5pp**