



I take a great pride in the quality of my work, using quality products, ensuring the maximum benefit for you and your treatment. I offer treatments within your own accommodation or home at a time to suit you.

I am fully insured with the Federation of Holistic Therapists (FHT).

Hands on Experience & Formal Qualifications

You can trust in the professionalism of Penny Irvine Massage Therapy, I hold the following qualifications

- VCTC Level 3 Diploma in Sports Massage Therapy (QCF)
- No Hands Advanced Therapist
- VCTC Level 3 Diploma in Aromatherapy (QCF)
- VCTC Level 3 Certificate in Swedish Massage(QCF)
- Certificate in Deep Tissue Massage
- Certificate in Myofascial Release
- Certificate in Pregnancy Massage
- Certificate in Seated Chair Massage
- Certificate in Holistic Facials

**Your massage will take place in the privacy of your room or available room within the hotel.**

**Cancellation Policy**

50% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time.

Cancellations on the day of your treatment will incur a full charge.

**Penny Irvine**  
Massage Therapy  
Treatments

**Traditional Swedish Massage**

Swedish Massage can be defined as the use of classic massage techniques to manipulate soft tissue for relaxation and holistic therapeutic purposes. All treatments can be tailored to your needs.

|                               |         |     |
|-------------------------------|---------|-----|
| Back Neck and Shoulders,      | 45 mins | £70 |
| full Body Massage/Deep Tissue | 60 mins | £80 |
|                               | 90 mins | £95 |



**No Hands® Massage**

This is a deep tissue which means that your aches and pains will be soothed away. Deeply relaxing, rejuvenating and nourishing. A gentle but powerful massage. "Take time out and just feel it."

|         |     |
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| 45 mins | £80 |
| 90 mins | £95 |

**Aromatherapy Massage**

Using therapeutic botanical grade essential oils to relax the body on all levels

- Physical, energetical, emotional and spiritual

|         |     |
|---------|-----|
| 60 mins | £80 |
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With all my treatments I use a range of sensitive Pure Lakes skincare products which are nourishing to the skin.

**Holistic Mini Facial** 30 mins £60  
To hydrate and purify your skin with a cleanse, tone and moisturising massage.

**Holistic Express Facial** 45 mins £75  
Enjoy a massage with your facial to aid relaxation and to increase circulation

**Luxury Holistic Facial** 70 mins £90  
More time is spent on each stage, allowing you to fully relax and drift off into total relaxation. Cleanse, Exfoliate, Mask (shoulder or scalp massage), Tone, Eye Serum, moisturise and massage



**Contact Penny directly**

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