



# Time to Relax

We've put together a selection of recommended massage therapists / beauty therapists / nail technicians & yoga instructors to enhance your stay with us.

Please contact them directly to organise, and we recommend that you give as much notice as possible.

Please note all therapists take **CASH ONLY**.

Enjoy!



## Beauty Therapist – Emma Smith

Emma has been a beauty therapist for 18 years, working in salons for most of that time. Emma has now built up a mobile beauty business and is very professional, organised and skilled.

Emma: 07943 534 059

[emmsthebeautician@gmail.com](mailto:emmsthebeautician@gmail.com)



## Sunrise Holistic Therapies - Dawn Dobson

Reflexology

Facial reflexology

Telephone: 07535 429 788



## Beauty by Angela

Massage, nails, & waxing.

Angela: 07773 765 940



## ProRehab Therapy - Tracey Harris CSSM(Dip) MISRM

Tracey's massage is unbelievably good! Tracey provides Sports & Injury rehabilitation massage. Prices from £25.

Telephone: 07767 236 166

[www.prorehabtherapy.co.uk](http://www.prorehabtherapy.co.uk)



## YOGAYOU - Rebecca Bieräguel

"Keeping your body healthy is an expression of gratitude to the whole cosmos - the trees, the clouds, everything." Thich Nhat Hahn

Becky is my yoga teacher, and she is a kind, calm lovely lady. She will create a session based entirely around your needs. Becky also looked after me during treatment for cancer with gentle yoga practice, so if you would like to practice, if you are unwell, I can highly recommend her.

To find out more about One To One Yoga Sessions please have a look at:

[www.yoga-you.co.uk](http://www.yoga-you.co.uk)

...or get in touch with: Rebecca: 07886 443 917

([becky@yoga-you.co.uk](mailto:becky@yoga-you.co.uk))



## ZEN FLOW YOGA - Carly

Another yoga teacher that I enjoy IRL and online classes. Offering one-2-one or couples yoga from £55.

<https://zenflowyoga.uk/>

