

Holistic Massage Therapy Sessions

Be Still.

Atelier

Be Still. Atelier | Beauty Within

Whole Body Care

Full Body - Standard

50 mins

A refined full-body treatment, focusing on relieving muscular tension, supporting circulation, and restoring balance. This delivers structured, full-body massage using organic balms heated towels. Ideal for regular maintenance while still offering a calm, restorative experience.

£ 90

Full Body - Deluxe

80 mins

An extended full-body session designed for deep restorative and comprehensive body support. This session combines therapeutic massage techniques with a warming back steam, exfoliating back scrub and targeted abdominal work where appropriate. Heated towels and organic balms are used throughout with space for focused work on problem-areas.

£150

Targeted Areas of the Body

Abdominal reset

(Stomach Flush)

20 mins

A focused abdominal treatment using traditional manual techniques to support digestion, reduce stagnation, and ease discomfort. This session is gentle yet effective and is particularly beneficial for bloating, tension, constipation, and nervous system regulation.

£ 40

Back Therapy

30 mins

A targeted back treatment combining steam, exfoliation, and massage to support muscular release and skin renewal. This session is ideal for addressing upper and lower back tension while improving circulation and comfort through heat and therapeutic touch.

£ 60

Facial & Scalp Renewal

50 mins

A Restorative facial and head-focused treatment incorporating gentle steam, facial massage, scalp work to support lymphatic movement, relaxation and facial tone. Attention is given to the neck, jaw and, head to release tension while using organic nourishing skin-sensitive-friendly oils.

£ 90

Add Ons +

Facial Add on +

20 mins

£ 30

A shortened facial massage with light stream, designed to complement any body-treatment by supporting relaxation, circulation, and facial tone.

Lower Body Focus add on +

(Legs & Hips)

20 mins

£ 30

A lower-body-focused treatment aimed at relieving muscular fatigue, supporting circulation, and easing heaviness in the legs and hips. Ideal for those who stand for long periods, train regularly, or experience lower-body tension.

Upper Body Release add on +

(Neck, shoulders, arms & chest)

20 mins

£ 30

A concentrated treatment addressing the upper body, including the neck, shoulders, arms, and chest. Designed to release held tension, improve mobility, and support posture, this session is well suited for desk-based work, stress, and repetitive strain.



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hello@bestillatelier.com



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