



Holistic Therapies with Amanda

How we feel and how we are is so important for a healthy body and mind so book in and start your holistic journey. Included with therapies is relaxation and mindfulness - which is so important for our minds and bodies.

Treatments start from 45 minutes to an hour and half.

Therapies Offered

Back Neck and Shoulder Massage

Full Body Deep Tissue Massage

Relaxing Float Away Massage

Indian Head Massage and Facial Massage

Hot Stones Massage

Skendleby Hall PE23 4QA, Timberland LN4 3RX,
and mobile services offered

To book a treatment, please call 07939 508636.

www.skendlebyhall.co.uk

Email: hello@skendlebyhall.co.uk

Email: amanda@amandajbatham.co.uk

Only the Best for You

MAKING YOUR TREATMENT SPECIAL

The power of relaxation leads to a peaceful mind and a restful body ... the benefits of massage include reducing stress, reducing muscle tightness, a feeling of increased relaxation and improvements for the immune system. The soothing touch of massage releases endorphins which are the body's feel good chemicals. We use Temple spa products which is a brand that fits in with our ethos.



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