

At Dara Thai massage we have a team of professionally trained and qualified Thai massage therapists, dedicated to giving you a first-class massage treatment Which range from Couple's Massage, Back Neck Shoulder Massage, Aromatherapy Massage, Swedish Massage or Thai Massage treatment.

### Thai Traditional Massage

60 min - £50    30 min - £30

Thai massage is a healing system that aims to maintain the body's physical condition throughout life and to balance and tranquilize the emotions. Modern day lifestyles call out for the sort of help that this therapy can provide. Even the most stressed and pressurised individual can emerge from this kind of massage with a feeling of lightness like floating on air.

### Deep Tissue Massage

60 min - £55    30 min - £35

Focused massage using special techniques to relieve stress and severe muscle tension. This massage focuses on both superficial and deep layers of muscles to provide relief for sufferers of constant pain, involved in heavy physical activity or for those who prefer a deep pressure massage.

### Swedish Massage

60 min - ~~50~~    30 min - ~~30~~

Technique designed to improve your circulation, soothe your muscles, and make you feel more relaxed. Swedish massage uses softer strokes on the bonier and more delicate parts of the body, and stronger strokes where there is thicker muscle coverage

### Couples Massage

60 min - £90    90 min £135

Tailor-Made Couples Massage (Choice of a 60-, 90- OR 120-minute Session). Enjoy a personalized massage in the same room with a friend or loved one. Thai, Swedish or aromatherapy techniques

### Head & Shoulder's Massage

60 min - £50    30 min - £30

A head, neck and shoulder massage are a wonderful way to ease shoulder and neck tension while gaining a peaceful retreat from the outside world. Head, Neck and Should massage may help. Reduce stress, Release anxiety, Insomnia, Headaches, and migraine & Muscle Tension.

### Aromatherapy Massage

60 min - £50    30 min - £30

Aromatherapy is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots, or other parts of a plant to enhance psychological and physical well-being

Contact us to make a booking: 07761277886  
43A WEST MAIN STREET, WHITBURN EH47 0QD



**Dara Thai Massage**