

HOLISTIC THERAPIES

PALM ROOT WELLNESS
@ OXTON BARNES

HOLISTIC TREATMENTS

Hummingbird Ritual

A personalised nervous system ritual designed to calm the body, quiet the mind and restore a deeper sense of balance from within. Combining grounding massage, aromatherapy, guided breathwork, soft humming and pressure-point foot therapy, this treatment is thoughtfully adapted to support your individual needs - creating space for the body to slow down, soften and fully unwind. With gentle, intentional pacing throughout, the nervous system is encouraged into a state of deep rest and regulation.

Deep Earth Massage

Your body changes every day, so your massage should too. Deep Earth is tailored entirely to your needs, blending therapeutic massage with intuitive touch to ease tension, calm the nervous system and restore balance. Your treatment may include a full-body massage or focus on the areas that need you most, such as the back, neck, shoulders, face, scalp or jaw, creating a deeply personalised experience designed around you.

Mango Lullaby - Melt & Sculpt

A juicy, sculpting body ritual designed to melt, contour and restore flow throughout the body. Using rhythmic, wave-like movements inspired by Brazilian lymphatic techniques, this oil-based treatment helps reduce fluid retention, smooth and define the body, and leave you feeling lighter, lifted and deeply refreshed. The combination of our signature blend of essential oils, intuitive touch and personalised approach will transport you to your very own paradise.

Sole Revival

A focused reflexology foot treatment designed to revive tired feet and support the body's natural balance. By working on targeted points of the feet, this treatment helps to ease tension, improve overall wellbeing and leave you feeling refreshed, rebalanced and more connected to your body. Enhance your treatment with a natural, organic foot scrub to further revive and rebalance.

Available as 45 min or 60 minute treatments