Prae Nara
Thai Massage & Therapy

PONTELAND · NORTHUMBERLAND

Traditional Thai Massage — from £30
Acupressure, assisted stretching and rhythmic pressure to improve flexibility and reduce tension.

Relaxing Oil Massage — from £35
A flowing massage using oil to relax the body, ease tight muscles and calm the mind.

Oil Massage & Ultimate Hot Stones — from £55
Warm stones and massage techniques help release deep muscle tension and encourage relaxation.

Deep Tissue Massage — from £30
Targeted pressure for areas of stiffness, knots and muscular discomfort.

Thai Herbal Compress — from £50
Heated herbal compresses combined with massage to warm and relax the muscles.

Indian Head Massage — from £30
A focused treatment to ease tension around the scalp, neck and shoulders.

BOOK ON WHATSAPP

07393 985355

praenarathaimassage.co.uk

9 miles from Newcastle upon Tyne

Prae Nara
Thai Massage & Therapy

Relax, restore and rebalance

Traditional Thai massage, relaxing oil massage, hot stone therapy, deep tissue and Thai herbal compress, in a calm, cosy treatment room in Ponteland.

Traditional Thai from £30
Stretching and acupressure for flexibility

Hot Stones from £55
Warm stones release deep tension

Deep Tissue from £30
Targeted work on knots and stiffness

Indian Head from £30
Eases scalp, neck and shoulders

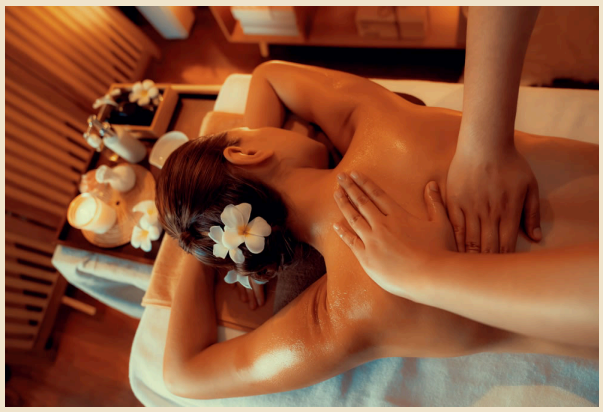
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PRAE NARA

THAI MASSAGE & THERAPY

Thai massage, *properly* done.







Traditional Thai works with acupressure and assisted stretching to improve flexibility. Oil massage calms the mind. Hot stones and herbal compresses warm and release deep tension. Deep tissue targets knots and stiffness. Indian head massage eases the scalp, neck and shoulders.

BOOK ON WHATSAPP

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Treatments from £30

Ponteland, Northumberland

Prae Nara
Thai Massage & Therapy

SIGNATURE TREATMENT

Relaxing Oil Massage & Ultimate Hot Stones

Warm stones worked through a flowing oil massage to release deep muscle tension, ease tight shoulders and leave you fully unwound.

£55 60 min – 2 hr

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praenarathaimassage.co.uk · Ponteland

Prae Nara
Thai Massage & Therapy

Six ways to unwind

Ponteland, Northumberland · 9 miles from Newcastle upon Tyne

Traditional Thai

Acupressure, assisted stretching and rhythmic pressure for flexibility and tension.

from £30

Relaxing Oil

A flowing oil massage to relax the body, ease tight muscles and calm the mind.

from £35

Ultimate Hot Stones

Warm stones and massage release deep muscle tension and encourage relaxation.

from £55

Deep Tissue

Targeted pressure for areas of stiffness, knots and muscular discomfort.

from £30

Thai Herbal Compress

Heated herbal compresses combined with massage to warm and relax the muscles.

from £50

Indian Head

A focused treatment easing tension around the scalp, neck and shoulders.

from £30

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