

Treatments for the face and body



What I love about my work is that I can completely transform someone in 60 minutes, whether that's by improving their skin or alleviating pain and tension.

Clients are always telling me that they feel amazing at the end of a treatment, such feedback is what spurs me on to

continue learning new techniques that lead to ever-better results. I am highly qualified in many forms of Eastern and Western massage as well as specialising in clinical and remedial bodywork.

I run my own business from the beautiful treatment room at the eco-boutique Light Green in Castle Cary, and have worked as the Treatment and Training Manager for a prestigious spa at an award winning country house hotel in Somerset.

I only work with pure, organic products that reflect the core values of my wellness concept.

"Tannis delivers a relaxing and effective treatment by tailor-making each session to a client's particular problems. She also imparts lots of trade secrets to improve each client's complexion."

- Western Daily Press

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“Holistic therapist Tannis Bridge is renowned for Her work as a facialist and her expert soothing massages. Clients can enjoy bespoke massage treatments and organic anti-aging facials, as well as the latest organic spray tan giving a golden glow with no UV damage or harmful chemicals.

Her highly sought-after facials lift and sculpt the muscles and improve the skin tone using only the purest active organic ingredients. Tannis is also one of an elite group of therapists trained by Alexandra Soveral, the top London facialist, to deliver her ‘Forever Young’ treatment.

Those in the know pay regular visits not just for her ‘magic hands’, but also for her willingness to arm her clients with vital information and tips that allow them to maintain the good work between visits.”