

Heather M

[9 reviews](#)

7 months ago

My first experience here was wonderful. Toto is absolutely lovely and extremely professional and she really knows what she's doing. The massage was amazing!

Like

Response from the owner6 months ago

Thank you so much 🙏🙏🙏🙏

Edit

Delete



Gemma Beaven

[1 review](#)

6 months ago

Fantastic holistic treatment to help with tension headaches, upper and lower back, neck and shoulder pain and migraines. Intuitive massage, acupuncture, and hot stones. Excellent value for money, Beautiful venue, warm and friendly service from Paweena. I will be back often

Like

Response from the owner6 months ago

Thank you so much 🙏🙏🙏

Edit

Delete



Robert

[2 reviews](#)

7 months ago

Visited Toto for the first time, I regularly have a deep tissue sports massage but the experience with Toto was totally different, a mix of hot oil, hot stones and acupuncture left me feeling great, no back pain whatsoever, Toto is extremely experienced and professional, probably the best massage I've had, thank you.

Like

Response from the owner 7 months ago

Thank you so much 🙏🙏🙏

Edit

Delete



colin biscocho

2 reviews · 1 photo

2 months ago

An Excellent Thai/Swedish massage as requested. The use of the hot stones was also great

Like

Response from the owner 2 months ago

Thank you

Edit

Delete



Kate Stephens

4 reviews

2 years ago

Positive: Communication, Professionalism, Quality

Toto is so talented!! I've never had massage like it - she makes every massage about what you need rather than it feeling like a specific structure. It always makes a huge difference and the space is really calming and relaxing! Toto is a brilliant, specialist massage therapist.

1

Response from the owner 2 years ago

Thank you so much

Edit

Delete



Kim

1 review

2 years ago

Positive: Communication, Professionalism, Quality

Toto is AMAZING!!! I am a paramedic and so I am always having back problems thanks to lots of manual handling in difficult scenarios. I have had several massages by different people but once I had one by Toto, I never went anywhere else; ...[More](#)

Like

Response from the owner 2 years ago

Thank you so so much

Edit

Delete



Lindy Monty

2 reviews

2 years ago

Positive: Communication, Professionalism, Quality

I had experienced massages in several Asian cities but never had such an eclectic massage from Toto. She is aware of where my tense muscles were and worked on them. ...[More](#)

Like

Response from the owner 2 years ago

Thank you

Edit

Delete



Chris Block

2 reviews

3 years ago

Toto has the most immense knowledge of how to treat the body using needles, hot stones and deep tissue massage. Her knowledge makes this a wonderful place to come to. Each time I have arrived with an injury she uses the correct techniques ...

[More](#)

Like

Response from the owner 3 years ago

Thank you so much

Edit

Delete



Denys Mac Dermott

[1 review](#)

2 years ago

Positive: Communication, Professionalism, Quality

Ok. Well this is easy , my first and I intend , many visits the place was amazing.

Beautiful ambiance , peaceful and instantly relaxing . My massage (including acupuncture) concentrated on the areas that I have problems with , lower ...[More](#)

Like

Response from the owner 2 years ago

Thank you so much

Edit

Delete



Tats Keenan

[5 reviews](#)

2 years ago

Positive: Professionalism

Toto is a consummate professional who has a passion to assist you in whatever way you need with deep tissue massage, acupuncture and hot stones. She knows exactly where to work to bring about an alleviation of your pain. With her friendly ...

[More](#)

1

Response from the owner 2 years ago

Thank you

Edit

Delete



Sooky Choi

[4 reviews](#)

2 years ago

Positive: Communication, Professionalism, Quality

I've had many treatments with Toto and I can say she's one of the best masseuses I've found in the UK. Very professional and knowledgeable. She can locate problem areas and help relieve aching muscles & pain swiftly. She's also good at acupuncture. Highly recommend.

Like

Response from the owner 2 years ago

Thank you so much

Edit

Delete



Catherine Corner

[3 reviews](#)

2 years ago

Positive: Communication, Professionalism, Quality

Best masseuse I have ever been to. Toto is quite simply amazing. I have been going to see her for years and she is constantly excellent. She can do everything, Thai, hot stone, bamboo massages, facials, acupuncture and lymphatic drainage. ...

[More](#)

Like

Response from the owner 2 years ago

Thank you

Edit

Delete



Bird Rogers

1 review

2 years ago

Positive: Communication, Professionalism, Quality

Toto immediately puts you at ease with her quiet, calm manner. I tend to suffer with deep tissue issues which require some rather harsh treatments. For such a petite lady she can certainly pack some punch into her deep tissue therapy, ...[More](#)

Like

Response from the owner 2 years ago

Thank you

Edit

Delete



Muthita Wongsamat

3 reviews

2 years ago

Absolutely an amazing experience! The place was lovely, warm and very relaxing. Toto gave me the best massage I've ever experience, she communicate well and know exactly what to do and where to work on, alway left me feeling better everytime I come here.

Like

Response from the owner 2 years ago

Thank you so much

Edit

Delete



Michelle Wibowo

1 review

2 years ago

Positive: Communication, Professionalism

One of the best massages I've ever had, and I've had a lot of massages as I'm a spa addict.

I have her massage regularly especially after a long day of work, she knows ...

[More](#)

Like

Response from the owner 2 years ago

Thank you

Edit

Delete



Glen Wilkinson

[2 reviews](#)

2 years ago

Recently I injured my lower back and was told by my Doctor that it would be 6 weeks before I could play sport again. 3 weeks later after 3 acupuncture and massage sessions with Toto I was back playing again. 8 weeks on and no recurrence of ...[More](#)

Like

Response from the owner 2 years ago

Thank you

Edit

Delete



James Scragg

[4 reviews](#)

2 years ago

Positive: Communication, Professionalism, Quality

Paweena is a fantastic masseuse skilled in a range of therapies. I damaged my shoulder after golf/weight training and she worked really hard on helping me to get the full range of movement back. The combination of hot stones and thai ...[More](#)

Like

Response from the owner 2 years ago

Thank you

Edit

Delete



Alice Millest

1 review

2 years ago

Positive: Professionalism

I will certainly recommend Toto to all my friends as I had the most fantastic massage from Toto she managed to sort out all my aches and pains. I left with a feeling of totally rejuvenated. Will be going back soon for another session.

Like

Response from the owner 2 years ago

Thank you

Edit

Delete



Leah Muller

2 reviews

2 years ago

Positive: Communication, Professionalism, Quality

Here is a good place for good quality massage. Toto is a professional and communicates well with whatever needs to be done for a very relaxing experience. I always feel refreshed every time.

Like

Response from the owner 2 years ago

Thank you so much

Edit

Delete



Jules Bennett

1 review

2 years ago

Positive: Communication, Professionalism, Quality

Toto gives amazing massages. She really listens to what you need and is great at sorting problem areas. Toto is very knowledgeable and professional and I recommend her to everyone I know. 😊

Like

Response from the owner 2 years ago

Thank you so much

Edit

Delete



Paxton Berger

2 reviews

2 years ago

I have been going here for the last 12 months and have always been very happy with the results. Toto always listens to what my injuries or soreness is and is very professional and knowledgeable. Would definitely recommend to anyone and say that you're in good hands!

Like

Response from the owner 2 years ago

Thank you so much

Edit

Delete



Sacha Morelle

1 review

2 years ago

Positive: Professionalism, Quality

My experience of my treatment was that Toto was very intuitive in assessing what I needed

The releasing of my knotted tight muscles and then the stretching of those ...[More](#)

Like

Response from the owner 2 years ago

Thank you

Edit

Delete



Claire Boucher

1 review

2 years ago

Positive: Communication, Professionalism, Quality

Just after the first session my plantar fasciatis pain on my left foot had eased off.

I'm able to do some yoga stretches and I feel confident that I will be able to do the lotus posture again after a few more sessions as my tight and ...[More](#)

Like

Response from the owner 2 years ago

Thank you so much

Edit

Delete



Cherie Jones

2 reviews

2 years ago

Toto is very knowledgeable and professional. She helped my sport injury problems with the combination of sport massage and Thai massage. Fantastic!

Recommended!

Like

Response from the owner 2 years ago

Thank you so much

Edit

Delete



Becca Robertson

1 review

2 years ago

Positive: Quality

Absolutely amazing massage here. So knowledgeable and really did leave feeling so much better (after feeling frustrated with my aches and pains for months prior). Would highly recommended.

Like

Response from the owner 2 years ago

Thank you so much

Edit

Delete



Chris Whatford

1 review

2 years ago

Positive: Communication, Professionalism, Quality

Me and my family have been going to toto for our treatment for over 6 years now. We wouldn't go anywhere else ! ...[More](#)

Like

Response from the owner 2 years ago

Thank you so much

Edit

Delete



georgina Dalby

11 reviews

2 years ago

Toto is professional and friendly always making you feel comfortable. I have had many massages and she is the best.

Like

Response from the owner 2 years ago

Thank you

Edit

Delete



Ben Oliver Miller

4 reviews

2 years ago

Positive: Communication, Professionalism, Quality

Best massage in Sussex. I am very sporty and often have aches/ pains. Always come out feeling much better and healthier.

5 out of 5 stars.

Like

Response from the owner 2 years ago

Thank you 🙏

Edit

Delete



Tida Wongsamat

2 reviews

2 years ago

Best massage I ever had. Very relaxing, clam and good atmosphere. Definitely will return for more treatments.

Like

Response from the owner 2 years ago

Thank you

Edit

Delete



Samantha Holland

8 reviews · 10 photos

3 years ago

Wow Toto is something else when it comes to massage. She gives so much, I always feel restored after seeing her. I cannot recommend her enough. 🙏🙏🙏

Like

Response from the owner 2 years ago

Thank you

Edit

Delete



Hannah Laflin

5 reviews · 7 photos

2 years ago

Positive: Communication, Professionalism, Quality

A superb deep tissue massage 🙏, I come away feeling I've been put back together and some of the tension and knots have been released. Top quality massage, thank you Toto x

Like

Response from the owner 2 years ago

Thank you so much

Edit

Delete



Mike Murphy

2 reviews

2 years ago

Positive: Professionalism, Quality

This is by far the best place to get a professional quality massage that I have found.

As a sufferer of backache, I come out of there feeling like a new man.

Highly recommended

Like

Response from the owner 2 years ago

Thank you

Edit

Delete



Angela Keeley

1 review

2 years ago

Positive: Communication, Professionalism, Quality

Amazing experience every time I visit. The treatments are prescriptive, professional and in a relaxing, warm and friendly environment. I can't rate Spa Heritage more highly. :)