BODY TREATMENTS

Back Neck & Shoulder Massage (30 minutes) £45.00

Relaxing or invigorating back massage using massage oils or creams, covering the whole back from the lower lumbar region to the occipital region in the neck. Very relaxing. Can easily fit in your lunch-time break.

Swedish Full Body Massage (60 minutes) £75.00

As above but incorporates the whole body. You will need at least an hour to enjoy this massage.

Personalised Back Massage (30 minutes) £55.00

Maximum tension-relieving results. Specially targeting the back shoulders and neck areas, where you need it most.

Personalised Full Body Massage (60 minutes) £85.00

Alleviate stress, ease aching muscles, and revive the senses with this customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

Choose from

- Stress-a-way: Wind down and release the tension of the day.
- Spirit Reviver: A surge to invigorate and recharge.
- Muscle Melt: Relax and re-energise a tired an aching body.
- Muscle Restoration: Reconnect your mind body and soul.

FACE TREATMENTS

Personalised Express Facial (30 minutes) £45.00

A bespoke facial that is suitable for your skin type. Treatment includes a consultation, cleanse, exfoliation, personalised face mask and finished with an application of a booster serum.

Luxury Facial (60 minutes) £75.00

A luxurious and regenerating facial for mature skin. Helps to minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the first signs of aging. Treatment visibly improves the appearance of the skin.