

HOLISTIC TREATMENTS	PRICE	Duration	DESCRIPTION/NOTES
Full body Swedish massage	£40	1 hr	Full body deep tissue Swedish massage. This classic technique of muscle manipulation helps to ease aches, tension and muscle pain, improves circulation and increases flexibility. The body is helped to remove toxins through lymphatic drainage, resulting in a sensation of enhanced relaxation and an overall sense of wellbeing. (Allow an extra 15mins consultation time for 1st appointment.)
Back, neck & shoulders	£25	30 mins	Muscle relaxing massage treatment as above but concentrating on the most stress prone areas of the body.
Aromatherapy massage	£40 Full body, £20 Head & Face, £25 Head, Neck & Shoulders	1 hr	A relaxing complimentary treatment combining gentle massage with carefully selected essential oils to suit mood requirements and individual needs. Aromatherapy can relax, uplift or invigorate, restoring both physical and emotional wellbeing.
Reflexology	£30	40 mins	A therapeutic, relaxing massage applying gentle stimulation to reflex points on the feet, detecting crystalline deposits and blockages along the energy lines that correspond to imbalances felt within the body. Reflexology works on the whole system inducing a state of balance where self-healing can take place. For help with pain relief from arthritic conditions, back pains, sciatica, sleep disorders, digestive problems, infertility, stress and imbalances. A non invasive diagnostic body mapping therapy.
Indian Head massage	£25	30 mins	This gentle yet powerful complimentary massage of the shoulders, neck, face and scalp, stimulates and improves scalp circulation, soothing away strains, tension and stress. It's a wonderful way to relax and let your mind drift away..
Hopi Ear Candling	£20	30 mins	Can help with blocked ears and Tinnitus
Hot stone therapy	£70	1hr	Lose yourself in this ancient treatment and experience the deep penetrating heat as stones are placed on key energy points of the body, while feeling the soothing stroke of smooth, warm stones gliding over your tired, aching muscles, taking you to a deep level of tranquility. The ultimate in luxury and relaxation a real treat.

BEAUTY TREATMENTS	PRICE	Duration	DESCRIPTION/NOTES
Facial	£40	1 hr	This totally relaxing facial purifies, nourishes and hydrates the skin, lifting your senses and instilling an overall feeling of wellbeing. Individual consultation, followed by a relaxing treatment to suit specific skin types and requirements, which includes deep cleanse, exfoliation, toner, mask, facial massage and moisturiser.. Your skin is left feeling regenerated, toned and soothed with improved radiance. Elemis, Dermalogica products – or client's choice
Pamper manicure	£30	1 hr	Sit back in our comfy armchair, admire the views, sip on a healthy chilled juice or mineral water whilst enjoying a hand soak, massage & nail prep, file and polish – choice of OPI or Mavala
Pamper pedicure	£30	1 hr	Relax in our raised purpose built foot spa seat, admire the views and sip on a healthy chilled juice or mineral water, whilst your feet are rejuvenated, softened, scrubbed, & nails buffed and polished.
Waxing – brows, top lip & chin	£12 each	30 mins	Patch test carried out as required
Paraffin wax manicure/ pedicure	£15 (alone) additional £8 when combined with a manicure/ pedicure	30 mins (alone)	Can be carried out alone with a hand massage or as part of a manicure/pedicure treatment
Lash enhancements	£45	1hr	Individual lashes added to your own to enhance their look.
SWEDISH HOT TUB HIRE	£10	1 hr	For a maximum of 2 people – sole use – if you wish to consume alcohol whilst in the hot tub we will provide plastic glasses for you. It is not recommended to drink in the sauna ( cold water is available) You are welcome to use your own towels – you can also hire towels at a charge of £1 per towel – Non slip shoes are recommended – Please shower before using either. For your safety & security the equipment is under CCTV surveillance. NO smoking in or around the equipment.