

## SALON TREATMENTS

### Aromatherapy

*to Relax, Uplift or Invigorate*

A complimentary treatment combining a relaxing, gentle massage with carefully selected essential oils, blended to suit individual needs.

Aromatherapy can relax, uplift, or invigorate, restoring both physical and emotional well-being

Treatments include personal consultation and a blend of oils prepared specifically for your individual needs

**Full Body Massage**

*Allow 90 minutes £50.00*

**Front of Body, Face and Feet**

*Allow 60 minutes £40.00*

**Back, Shoulders, Neck and Head**

*Allow 60 minutes £40.00*

**Face and Feet**

*Allow 60 minutes £40.00*

### Aroma-Facial Massage

A pampering facial with a blend of oils specifically prepared and tailored to your own individual skin care needs.

**Aroma Facial**

*Allow 30 minutes £30.00*

**Plus Gentle Exfoliation, Shoulder & Neck Massage.**

*Allow 50 minutes £40.00*

### Deluxe Facial

This utterly relaxing facial purifies, nourishes and hydrates the skin, lifting your senses and instilling an overall feeling of well-being. 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. Treatment includes your choice of head, foot or hand massage. Your skin is left feeling regenerated, toned and soothed with improved radiance

**Deluxe Facial**

*Allow 75 minutes £55.00*

**Deluxe Collagen Facial**

*Allow 75 minutes £65.00*

### Dynamic Deep TissueMassage

The intention of this treatment is releasing and relaxing and will help you to unwind from the stresses and strains you carry around.

It will focus on the muscle groups that take the strain in your working life.

This treatment covers the back, shoulders and limbs and takes one hour.

**Deep Tissue Massage** *Allow 60 minutes £40.00*

### Classic Swedish Massage

*To Revitalise or Relax*

This classic technique of muscle manipulation eases 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 well-being.

**Full Body Massage**

*Allow 60 minutes £40.00*

**Back, Shoulder & Neck**

*Allow 30 minutes £27.00*

### Top to Toe

**Swedish Massage for Back or Front of Body plus Aroma Facial Massage and Relaxing Foot Massage**

*Allow 75 minutes £55.00*

## Body Scrub

**A deep cleansing exfoliating treatment to stimulate the circulation and invigorate**

After light body brushing, your whole body is gently massaged using a blend of natural sea salts and oils, to exfoliate, invigorate and nourish, (with a gentler exfoliation for the face), removing impurities and dead skin cells, and stimulating circulation .

A great pick-me-up and pre-occasion luxury for sluggish dull skin. This treatment leaves your skin feeling ultra smooth and moisturised, glowing and radiant.

**Follow the Body Scrub with a Full Body and Face Aromatherapy Massage.**

The exfoliation will remove dead skin cells, preparing your skin to absorb the blend of essential oils specially chosen to uplift or calm you.. Feel stress melt away

<b>Body Scrub</b>	<i>Allow 60 minutes</i>	<b>£45.00</b>
<b>Plus Body &amp; Face Aromatherapy Massage</b>	<i>Allow 150 minutes</i>	<b>£85.00</b>

## Indian Head Massage

**Stress Release for a Sense of Complete Relaxation.**

This gentle yet powerful complimentary massage of the shoulders, arms, 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..

<b>Indian Head Massage</b>	<i>Allow 30 minutes</i>	<b>£25.00</b>
<b>Plus Aroma Facial Massage</b>	<i>Allow 60 minutes</i>	<b>£42.00</b>
<b>Plus Aroma Facial &amp; Relaxing Foot Massage</b>	<i>Allow 60 minutes</i>	<b>£42.00</b>

## Ante-Natal Massage

**Safely Soothe Your Tired Body**

A safe, relaxing treatment combining face and body massage, specifically for expectant mothers (third months of pregnancy and onwards).

Helps to promote relaxation of fatigued muscles giving special care to mother and baby. Make some time for you...you know you deserve it!

<b>Ante Natal Massage</b>	<i>Allow 60 minutes</i>	<b>£40.00</b>
<b>With Foot Massage &amp; Facial</b>	<i>Allow 90 minutes</i>	<b>£53.00</b>

## Hot Stones Massage

**Surrender to the Ultimate in Relaxation.**

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 tranquillity.

Treat your body and senses to a blissful experience that will leave you feeling pampered, relaxed and nurtured.

<b>Hot Stones Massage</b>	<i>Allow 100 minutes</i>	<b>£85.00</b>
<b>Plus Aroma Facial &amp; Foot Massage</b>	<i>Allow 150 minutes</i>	<b>£98.00</b>

## Back, Neck and Shoulder

### **Three Treatments in One To Ease Painfully Tight Shoulder & Neck Muscles (Or Just Because It Feels So Good!)**

A combination treatment concentrating on the most stress prone area of the body .. *Back, Shoulder and Neck*, resulting in alleviation of chronic and acute problems that many of us deal with on a daily basis

A soothing Swedish massage begins the treatment; followed by the application of hot stones, allowing the radiant heat to penetrate and ease those stressed muscles.

Finally, a gentle massage with muscle-relaxing essential oils to alleviate tension and fatigue, and bring a state of peace and calm to the body and mind.

<b>Back Neck and Shoulder (Three in One)</b>	<i>Allow 60 minutes</i>	<b>£50.00</b>
	<i>Or 90 minutes</i>	<b>£70.00</b>

## Shiatsu

### **Brings Relaxation, Stamina, Vitality To Support You Through the Stresses of Life or Focus on Specific Problems**

Ancient oriental healing massage given as you lie on a soft mat on the floor while wearing loose, comfortable clothing. Shiatsu is both relaxing and energetic at the same time, promoting health in the whole body.

By the application of rhythmic palm & thumb pressure along the body's network of meridian lines, energy is released and rebalanced, activating the body's natural self-healing power.

This is a holistic treatment, for general well-being or when suffering from any stress related problem, tiredness, insomnia, back pain, low spirits, arthritis, sports injuries etc.

Also helpful in pregnancy & labour.

<b>Shiatsu Treatment</b>	<i>Allow 60 minutes</i>	<b>£40.00</b>
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## Spa "Combo" Massage

### **Stress Relieving Muscle-Melting Bliss**

For those who prefer strong massage, this treatment involves the application of deeper pressure than a traditional massage and utilizes a combination of classic Swedish and Shiatsu techniques to release stressed tense muscles and promote relaxation and healing.

<b>Full Body Massage</b>	<i>Allow 60 minutes</i>	<b>£40.00</b>
<b>Back, Neck &amp; Shoulders</b>	<i>Allow 30 minutes</i>	<b>£27.00</b>

## Reflexology

### **Restore the Body's Natural Equilibrium**

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.

<b>Reflexology Treatment</b>	<i>Allow 60 minutes</i>	<b>£40.00</b>
<b>Deluxe Reflexology with paraffin wax treatment</b>	<i>Allow 120 minutes</i>	<b>£55.00</b>