



Pamper Experience

Your pamper experience begins at 9.30am with welcome drink and completion of your health questionnaire.

Then choose two of the following mini treatments:

**Mini manicure
mini pedicure
Back scrub
Mini Dermalogica facial
Mini aroma facial
1/2 leg wax
Brow shape
Neck & shoulder massage
Back massage
Mini Indian head massage
Foot & lower leg massage
Hand massage**

Your two course lunch is served between 12 mid-day and 1pm

Then just chill and unwind with a session of guided relaxation/meditation in our serenity room.

Finally your day draws to an end at 3pm