

Massage treatments

Massage has long been proven to have beneficial effects on both the mind and body

Full body massage (1 hour)	£29.00
Back and neck massage(30 mins)	£22.00

All the above massage has elements of sports therapy where appropriate which can help tight and injured muscles

Full body Swedish massage	£29.00
Full body massage with Dermalogica Thermal Stamps	£35.50
Back & Neck massage with Dermalogica Thermal Stamps	£28.50

Heat from the thermal stamps helps relax and detoxify aching muscles.

Aroma Therapy Massage

Full Body Aromatherapy (90mins)	£46.50
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A slower, relaxing massage with a variety of blended oils to suit the individual

Aroma Back massage (35mins)	£26.00
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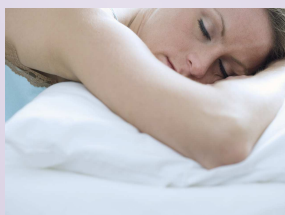
Relax, revive the mind & body aid restful sleep

Aroma Acupressure Facial(35min)	£20.50
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Great treatment for those with sinus problems

Holistic Facial(30mins)	£22.50
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Cleanse, tone, facial massage with essential oils finishing with a scalp massage



Aroscha range of Body Wraps

These fantastic treatments will leave you feeling great. Cocooned in a warm blanket while the active ingredients in the wrap do their work your therapist will soothe away your cares with an acupressure facial massage.



Choose from sliming, firming or cellulite targeting wraps.

The firm but not tight bandaging technique ensures inch reduction from the very first treatment. Tissues are firmed while the toxin removing action of the active ingredients reduce the 'orange peel' appearance

Full Body treatment (1 hour)	£46.00
Arms only (40mins)	£21.00
Full Legs & thighs (45mins)	£27.50
Middle body & upper thighs	£27.50

All treatment times include consultation.

Holistic Therapies

Indian Head Massage	£28.50
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This treatment is used to balance the mind, body & spirit promoting health & well-being.

Reflexology	£27.50
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This gentle treatment is used to help restore & maintain the body's natural equilibrium.

Relaxing Foot Treatment	£17.50
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Deeply relaxing treatment commencing with a warm foot soak combined with a leg & foot massage.

Hopi Ear Candle therapy	£26.50
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A relaxing treatment that is helpful for earache, headache, migraine and the removal of earwax.

Hot Stone Full body massage (1 hour)	£44.00
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Hot Stone Back massage (30mins)	£25.00
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Designed to relax the muscles, stimulate blood flow, alleviate stress & tension, eliminates toxins from the body creating a feeling of balance & harmony.

Exfoliating back treatment (40mins)	£24.50
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Rid your muscles of stress and skin of impurities. Beginning with a body scrub followed by an aromatherapy massage.



Body Treatments

Mineral Salt Scrub(30mins)	£22.00
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Body Folliation(30mins)	£21.50
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Great exfoliation especially before a body treatment or a spray tan.

Dermalogica Spa treatments

The body treatment - 90 mins includes consultation time Choose from either the deeply detoxifying enzymatic mud wrap or the deeply rehydrating hydro therapy wrap.

Power recovery Treatment(30mins)	£27.50
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Good for drier, prematurely aging or sun damaged skins.

Beau Bronz Spray Tanning System
Drench your body in rich aloe vera essential oils and have a natural looking tan. Please exfoliate before treatment-



Bronz/Bronz Forever	£21.00 - £31.00
Upper/lower body only	£16.50
Body Polish	£2.50
Moisture Lock	£2.50
Darkening drops per dropper	£3.00

Pregnancy & some medical

treatments may prevent or restrict some treatments please ask therapist at time of booking to avoid disappointment.