



Facial

Calming & Blissful Face Therapy: A soothing and relaxing face therapy, using Rose Otto and sandalwood oils to help aid hormonal imbalances, leaving you glowing and re-energised for the day. (30 or 60 minutes / £50 or £85)

Detoxifying Face Therapy: An anti-ageing facial using Lymph Drainage techniques, helping to encourage toxin release and boost collagen production, soothing fine lines and wrinkles leaving you feeling rejuvenated. (30 or 60 minutes / £50 or £85)

Mens Revitalising Face Therapy: Restore vitality and hydrate the skin with this facial, helping to combat skin weakened through frequent shaving or exposure to the elements. (30 or 60 minutes / £50 or £85)

Massage

Back, Neck & Shoulder Massage: Releasing muscle tension and stress leaving you feeling revived and refreshed. (30 minutes / £48)

Indian Head Massage: Much of our fatigue and tension finds its way into the head and neck; it's also where we store feelings, emotions and memories. This concentrated scalp and neck massage clears and revitalises the mind to improve concentration and promotes a greater feeling of calm and peace. *Enjoy this treatment with or without oil.* (30 minutes / £50)

Reflexology: A relaxing treat for the feet using massage techniques and pressures to stimulate energy flow throughout the body, relieving stress and helping keep you relaxed. (50 minutes / £55)

Back, Face & Head Massage: A relaxing and stress-relieving back massage followed by an invigorating face and head massage. (50 minutes / £65)

Swedish Body Massage: A pressure massage tailored to your needs incorporating accupressure and traditional 'Swedish' techniques, which soothe tired, strained muscles and stimulates both blood and lymphatic circulation. It is ideal for pre or post sporting activities, but also has excellent results as a blissfully relaxing massage. (60 minutes / £80)

Hand & Foot Therapy

Express Manicure: A treat for young hands, or an express file and polish. (30 minutes / £20)

Manicure: Perfect for treating the nails and cuticles, relax with an arm and hand massage, file and polish, finishing with a nail colour of your choice. (45 minutes / £40)

Gents Manicure: A deep cleansing treatment for the hands. Includes cuticles and nails trimmed, buffed and finish with a relaxing hand massage. (40 minutes / £35)

Express Pedicure: A treat for young feet, or an express file and polish. (35 minutes / £25)

Pedicure: A beautiful treatment for the feet, cuticles and nails. Relax with a foot soak and scrub, foot massage, file and polish, finishing with a nail colour of your choice. (50 minutes / £45)

Gents Pedicure: A deep cleansing treatment for the feet includes cuticles and nails trimmed, buffed and finish with a relaxing foot massage. (45 minutes / £40)