

THERAPEUTIC MASSAGE & BODY TREATMENTS

(Massage treatments are for men & women aged over 16)
Aromatherapy style massage movements rebalance the whole body helping you to relax & unwind. Using warm massage oils to melt away all feelings of tension, whilst concentrating on your bodies pressure points.

Stress Reliever Back Massage	25mins	£25
De-stress with a back, neck & shoulder massage.		
Aroma Full Body Massage	55mins	£36
A full body massage using pre blended plant oils to calm & restore.		
Aromatic Full Body Massage	1hr 10 mins	£45
This treatment includes a full body, scalp & face massage to soothe away all stresses.		
Tranquillity Scalp Massage	25mins	£20
Specifically for the scalp, nape of the neck and shoulders. This massage is guaranteed to boost inner well-being. (Suitable for mother to be).		
Mother To Be	40 mins	£35
Lie back & totally relax. This treatment includes shoulder, scalp & face massage, hand & arm massage & finishes with a foot massage.		
Back & Scalp Massage	40 mins	£35
Combining both the stress reliever back & tranquillity scalp massage into one treatment, relieving all signs of tension & stress.		

HOT STONES MASSAGE THERAPY

This speciality massage combines traditional methods with the healing properties of heated stones to relieve muscle tension & pain, ensuring total relaxation. Please note we do not recommend a hot stones massage during hot weather.

Hot Stones Back Massage	25 mins	£27
Hot Stones Full Body Massage	1hr 10mins	£47

BODY TREATMENTS

Back Pack Treatment	40 mins	£30
This is a facial for the back helping to clear congestion, detoxing the tissues & brightening the skin, finishing with a back massage.		
Action Man	55 mins	£34
Designed for him as a perfect treat, this treatment focuses on exfoliation & massage on both legs & back.		
Mineral Salt Scrub Therapy	40 mins	£32
This therapy exfoliates the skin to a soft glow whilst providing the critical hydration & nourishment your skin needs.		
Body Foliation Therapy	40 mins	£32
A gentle oatmeal & rice bran powder that creates an exfoliant that whisks away dead skin cells & brightens the skin.		
Full Body Combination	1hr 25mins	£60
Combine a mineral salt scrub with an aroma full body massage for the ultimate in skin therapy.		

EYE TREATMENTS

Enhance your eyes to make them appear bigger & brighter. (24hr patch testing for tinting).

Eye Lash Tinting	£9
Eyebrow Tinting	£6
Eye Lash & Eyebrow Tint	£12
Eyebrow Tint & Wax	£11
Eyebrow Tidy or Wax	£7

WAXING

Hair removal using a cream based wax for sensitive skin.

Ankle to Knee	£15
¾ Leg	£18
Full Leg	£20
Full Leg & Bikini Line	£25
Bikini Line	£10
Under Arms	£8
Upper Lip	£6
Chin	£6
Upper Lip & Chin	£10
Men's Back/Chest	£20



DERMALOGICA FACIAL TREATMENTS

Signature Facial

55mins | £42

Choose from the following personalised facial treatments that target an individual's specific skin requirements. This deluxe treatment includes both a pressure point facial massage and a shoulder massage to help you totally relax.

Age Smart Facial - This powerful treatment is aimed at prematurely ageing, dry or sun damaged skin by using powerful hydroxy acid exfoliation & deep penetrating vitamins to re-stimulate the skin.

UltraCalming Facial - Treating the multiple triggers behind inflammation for lasting relief from sensitivity flare ups such as eczema and rosacea.

Medibac Clearing Facial - This facial works to treat, clear & help prevent adult acne, soothing inflamed skin whilst helping to control breakouts.

Powerbright Facial - Suitable for ageing, acne or sensitive skin. This is a highly potent skin treatment that accelerates skin brightening, improves texture & balances skin tone. The facial uses a unique combination of advanced exfoliation & penetration of peptide ingredients resulting in clearer, brighter & luminous skin.

Personalise Your Facial Treatment

Depending on how long you want to relax, simply add one or more of our customised touch therapies to your facial treatment.

Choose from:

Scalp Massage • Foot Massage • Hand & Arm Massage

Facial plus 1 treatment	1hr 10 mins	£48
Facial plus 2 treatments	1hr 25mins	£53
Facial plus 3 treatments	1hr 40mins	£58

Mini Facial 25mins | £25

The ideal taster for those who have never tried a facial or are short on time.

Mini Facial & Back Massage 50mins | £42

Mini Facial & Scalp Massage 50mins | £42
(Suitable for mother to be).

Tailor Made Facial 25mins | £25

Designed just for him, tailored to suit his individual needs depending on the season.

Tailor Made Facial & Back Massage 50mins | £42

Tailor Made Facial & Scalp Massage 50mins | £42

Fresh Faced Teen 25mins | £25

Using Dermalogica Clear Start products designed for teenagers to help clear breakout prone skin fast, deep clean pores & speed up the healing of inflamed breakouts. We also provide helpful advice on a daily skin care routine.

Clearing Back Treatment 25mins | £25

This is a facial for the back that helps to clear and treat breakouts on the back. Ideal for teenagers.

JESSICA NAIL TREATMENTS

Combining natural nail care with the latest nail colour system Phenom which is quick drying with a high shine.

Jessica Manicure 50 mins | £23

Cuticles are cared for with oils & creams, nails are shaped & perfectly polished.

Jessica le Remedi Deluxe Manicure 1hr 10 mins | £28

A luxury & effective treatment using thermal mittens for deeper penetration of oils & creams. Includes nail painting.

Le Remedi Hand Treatment 30 mins | £14

A luxury hand treatment incorporating hand exfoliation, masque and liposomes to condition & firm leaving hands feeling softer & smoother.

Zen Spa Pedicure 55 mins | £24

A luxury treatment for the feet. Awaken your senses & discover the restorative powers of Asian aquatic plant extracts to purify, cleanse, soothe & calm, finishing with perfectly polished toes.

Deluxe Zen Spa Pedicure 1hr 10 mins | £30

The ultimate luxury for the feet using heated booties for a little extra pampering. Includes nail painting.

Little Hands Manicure 30 mins | £12

Specifically for young skin (11 & under). It includes a nail tidy, hand massage & polish

Shape & Polish 30 mins | £14

Hand or toe nails are filed to shape & polished.

Perfect Nails 1hr | £25

A shape & polish on both hands & toes for the perfect nails. (Ideal for under 16).

Footcare for Men 30 mins | £16

Nails shaped, cuticles conditioned and a foot massage to finish.

GEL NAILS

The latest in a soak off gel polish to give you a glossy yet natural finish that is non-chip, smudge free & lasts longer than normal polish. (Please note we do not do nail extensions).

Gel Manicure 50mins | £25

Gel Pedicure 1hr | £25

Gel Soak Off 30mins | £8

Soak Off & Re-do Gel Nails 1hr 15mins | £30

Deluxe Treatment 15mins | £5

Add a deluxe treatment to your gel manicure or pedicure for an extra treat, using the thermal mitts or booties.

MINX NAILS

This heat activated nail foil comes in many designs and is perfect to add a little bling to your toes. 1hr | £25