

THERAPY FEE GUIDE

Restore the natural balance and energy of your body with our selection of holistic therapies. The treatments have been specially selected to create optimum benefit to your wellbeing and they are tailored to each individual's requirements.

BODY

INDIAN HEAD MASSAGE 20 mins **£30**

Relieves stress, improves circulation by stimulating the blood supply to the head, back and shoulders therefore reducing fatigue whilst inducing relaxation. Also improves the condition of the hair and scalp.

DEEP TISSUE NECK & SHOULDER RELEASE 20 mins **£30**

An aromatherapy massage to ease poor posture and tight muscles.

ESSENTIAL BACK TREATMENT 45 mins **£50**

An ideal treat for this much neglected and hard to reach area, good for problematic skin. This treatment includes deep cleansing of the back and exfoliation to help circulation; aromatherapy for relaxation and a light moisturising balm to ensure soft, smooth and revitalised skin.

The Following Therapies are priced:

30mins for **£45**, 60mins for **£60** and 90mins for **£75**

AROMATHERAPY BODY MASSAGE

The holistic power of essential oils are used to enhance your mood and to restore balance. Detoxifying, Relaxing, Reviving oils are specially blended to tailor to your needs on the day.

ADVANCED LYMPHATIC DRAINAGE MASSAGE

A combination of Shiatsu, Acupressure and Rolfing results in a therapy that is truly a delight. Relieves stress and tension and induces a state of deep relaxation.

DEEP TISSUE MASSAGE

An invigorating deep pressure treatment that works on relieving muscle tension and knots. It is highly recommended for active people on the go who tend to build up stresses within.

FULL BODY SWEDISH MASSAGE

A relaxing massage used to aid relaxation, remove toxins and improve the circulation.

STRESS BUSTER

A holistic body treatment promoting total relaxation. Consisting of skin brushing and cleansing and a full body massage with pure and potent oils for your individual needs. Eases away tension and combats the stresses of modern day life.



TRADITIONAL FULL BODY MASSAGE

A top to toe massage with essential oils that are specially blended to tailor to your needs on the day. Designed to relieve stresses and promote a sense of wellbeing.

TRADITIONAL HALF BODY MASSAGE

Concentrate on a specific area using a selection of specially blended essential oils

SHIATSU

Improve your energy flow with a traditional hands-on Japanese healing therapy. Your Shiatsu practitioner will consider your state of health, the symptoms you are experiencing and, depending on your constitution and general energy levels, will use a variety of techniques to improve your energy flow. These may include gentle holding, pressing with palms, thumbs, fingers, elbows, knees and feet on the meridians and, when appropriate, more dynamic rotations and stretches.

FACE

CUSTOM LUXURY FACIAL 60 mins £60

An advanced, professional treatment that combines cleansing, exfoliation and manual extractions with a treatment mask, aromatic steam towels and an essential oil pressure point facial massage.

EXPRESS FACIAL 30 mins £30

Solves your priority skin concerns with a professionally selected product mix. Great as a lunchtime lift or as a weekly maintenance facial between full-service treatments.

HANDS AND FEET

We have chosen Célé in keeping with the holistic ethos of the centre. Célé products are prepared with organic plant ingredients and vitamin-packed essential oils which will ensure you nails are kept in beautiful condition.

VISION File & Polish £13

A lively freshen-up with a swish of colour.

IMAGE Natural Manicure £25

Back to nature with an exfoliating pure, natural manicure.

DESIRE Luxury Manicure £34

Delicious transformation with heated mud treatment for exquisite hands and nails crowned with colour.

ABSOLUTE Deluxe Manicure with Head Massage £45

Decadent experience with Célé crystal therapy massage, sumptuous hand treatments for blissful hands and beautiful nails finished with a luxurious Célé colour.





DEBUT Pedicure £26

An exfoliating pedicure topped with a dazzlingly chic Célé colour.

HEELED Luxury Pedicure £47

Restore feet with a heated mud treatment and deep massage for delightfully soft, invigorated legs and feet crowned with the delicious Célé colour of your choice.

TREATMENTS FOR MEN

EXECUTIVE FACE TREATMENT £44

Ideal for city dwellers and those with a stressful or hectic lifestyle. This treatment is specially formulated for the male complexion and uses essential oils to purify, hydrate and revitalise.

SPORTS MANICURE £22

For professionally groomed hands and nails.

SPORTS PEDICURE £35

Refresh and soothe tired feet with a treatment for this neglected area.

PACKAGES

DELUXE MANICURE AND PEDICURE £79

ULTIMATE RELAXER £126

Indian head massage, full body massage, manicure & pedicure.

Aromatherapy massage, Indian head massage, reflexology **£126**