

## Treatment List

- Relaxation Body Massage £25 – 30 mins / £35 hour
- Hot Stone Therapy £25 – 30 mins / £35 hour
- Indian Head Massage (***please refrain from using the steam room, sauna or Jacuzzi prior to this treatment***) £25 - 30 min
- Oriental Hand Massage £30 – 45 min
- Thai Foot Massage £35 – 45 min
- Clarins Body Polish & Massage £30 – 45 min
- Natural Lift Facial Massage £25 – 30 min
- Clarins Deep Cleanse Facial £30 – 45 min
- Luxury Jessica/OPI Manicure \* (approx. 45 minutes) £20
- File and Polish £15
- Luxury Jessica /OPI Pedicure \* (approx. 45 minutes) £25
- Taster Reflexology Session £25 – 45 min
- Reiki £25 – 45 min
- Hopi Ear Candles (£5 additional charge) – contact for details of price
- Guided Meditation - experience deep relaxation using hypnotherapy techniques - contact for details of price

## Additional Information

- Please arrive 10 minutes before your treatment in order to complete the necessary contra-indication forms.
- Please avoid any alcohol before your massage treatment.
- Please make your therapist aware of any side effects of massage treatments you have had in the past.