

treatments & therapies

Body Treatments

Swedish Massage (60mins) £30.00

Alleviate muscular pain, improve circulation & muscle tone, de-stress & relax

Sports Massage

Deep tissue massage for problems such as back pain, sciatica and sports injuries.

Full Body (60mins) £30.00

Partial (30mins) £20.00

Fake Bake Tanning (60mins) £21.00

Full body fake tan using top quality ingredients to promote an all over sun kissed glow. Includes exfoliation. (Please wear baggy clothes)

Spray Tanning (40mins) £21.00

Professional spray application of salon quality products for a natural looking sun kissed glow. (Please wear baggy clothes)

Back Cleanse (30mins) £20.00

A facial for the back includes cleanse, steam exfoliation & massage. Beneficial to those with problematic skin.

Full Body Mineral Salt Scrub (45mins) £25.00

Natural exfoliants and essential oils combine to remove dead skin cells and leave the skin feeling rejuvenated (Not suitable for sensitive skin)

Mineral Salt Scrub plus Massage (75 mins) £35.00

Full body scrub plus massage using specially selected essential oils.

Seaweed Wrap (60mins) £35.00

Cleanse and detoxify ideal for water retention, cellulite or slackened body tissue. Followed by a light massage.

Facials

Express Facial (30mins) £15.00

Cleanse Exfoliation and mask.

Complete Facial (60mins) £25.00

Cleanse, exfoliation, aromatherapy massage and mask.

Q10 Facial (60 mins) £30.00

Includes cleanse, exfoliation, Shoulder & neck massage, Q10 serum & nourishing mask. Q10 has exceptional anti-aging properties which help prevent damage to collagen elastin.

Novita Microdermabrasion (60mins) £40.00

Controlled skin re-surfacing, increases new collagen and elastin formation to visibly rejuvenate and firm the skin. Excellent for aging skin, fine lines & wrinkles, open pores, blackheads, milia, pigmentation, & acne scarring.

Microdermabrasion for the back from £40

To add a Latic Peel or Glycolic Peel add £10

To include oxygen therapy for the eyes add £10

Novita Oxygen Therapy (45mins) £40.00

Puncture Jet technology allows oxygen & selected serums to be driven into the skin providing a instant face lift. Visibly plumps out lines and wrinkles.

Anti-aging Eye Treatment (40mins) £15.00

Includes micro-current and specialised mask, helps diminish fine lines and reduce puffiness.

Waxing

Full leg £18.00

Half leg £13.00

Bikini or underarm £8.00

Lip or chin wax £8.00

Eyebrow Wax/Shaping £8.00

Eyebrow or Eyelash Tinting £8.00

Half Arm £8.00

Full Arm £13.00

Back Wax £15.00

Hands & Feet

Express Manicure (30mins) £15.00

Nail shape, Cuticle tidy and polish

Spa-Ritual Manicure (60mins) £20.00

Nail shape, cuticle tidy, massage & polish.

Deluxe Manicure (75mins) £27.50

As above plus a paraffin wax treatment for extra nourishment & hydration.

Paraffin Wax Treatment (20mins) £15.00

Hands or feet are placed in a paraffin wax bath followed with a light massage. Soothes pain from arthritis, sprains, softens dry & cracked skin.

Express Pedicure (30mins) £17.00

Nail shape, cuticle tidy and polish.

Full Pedicure (60mins) £24.00

Nail shape, cuticle conditioning & tidy, exfoliation, massage and polish.

Deluxe Pedicure (75mins) £29.50

Nail shape cuticle tidy, exfoliation, paraffin wax treatment and polish.

Holistic Treatments

Reiki (60mins) £20.00

Release emotions, negative energy. experience total relaxation and inner peace.

Reflexology (60mins) £30.00

Stimulating different reflex points on the bottom of the feet helps to balance the bodies system. Removing unwanted toxins from the body, leaving you feeling relaxed and more positive. Bringing harmony to the whole being.

Hot Stone Therapy (90mins) £35.00

A deep relaxing and energy balancing treatment using Hot Basalt Stones.

We require 24 hours notice to cancel all appointments.

Gift vouchers are available in £10, £20 and £30.

Payment is taken upon booking.

With all Treatments booked is full complimentary use of our Health Suite area.

For bookings call Reception on

01736 874744