

BODY TREATMENTS

Full Body Massage - 60 mins £65 **- 75 mins £75**

A combination of massage techniques is used with a blend of pure aromatic oils to relax you and restore a sense of well-being. Customise your treatment by including an additional 15 minutes.

Back, Neck and Shoulder Massage -30 mins £40 **- 45mins £55**

A very stimulating but relaxing treatment carried out using specific techniques designed to release tension in the back. A fluid yet deep massage concentrating on breaking down lactic acid and stimulating the lymphatic drainage.

Elemis Massage for Mother-To-Be - 75 min £75

Using specific oils and specialised techniques and positioning adapted for each stage of pregnancy, this treatment will help to relieve tension in the back and alleviate swelling in the hands and feet.

Elemis Face and Body Sensation - 60 mins £70

Pure body indulgence with exceptional anti-ageing facial results. We will customise a unique Elemis 'ice-cool thermal muscle massage' to your specific problem areas alleviating stress and easing aching muscles. Whilst your body is in a pure state of blissful relaxation receive an intensive anti-ageing booster facial that will smooth fine lines and restore a youthful radiance.

Elemis Absolute Spa Ritual - 120 mins £120

Following light body brushing this treatment includes a fluid Hawaiian Lomi Lomi full body massage and a Skin Solutions facial. Give us two hours of your time and we promise to send you into a head to toe journey to sensory heaven for the mind and body.

Dermalogica Back Therapy - 45min £50

For this hard to reach area this treatment, just like the deep cleansing facial, includes steam and extractions. Using Mineral salts, essential oils and an Enzymatic or Hydro mask and finishing with the Hydrating Body Moisturiser, this treatment promises to leave you with a deeply cleansed, polished and de-stressed back.

Full Body Exfoliants - 45 mins £50

Dermalogica's Hydro-Active Mineral Salts are infused with essential oils which will polish the skin. This is followed by the Ultra Rich Body Moisturiser.

Elemis Lime and Ginger Salt Glow is a vibrant and replenishing exfoliation treatment which will leave your skin glowing and flawless, followed with an application of Exotic Island Flower Body Lotion.

Kissed by Mii Spray Tan

- full body £28
- half body £18

Experience the ultimate and deepest tan in the most luxurious way. Moisturiser is applied to the driest areas of the body which is then followed by a double application of spray tan. The tan comes in 3 shades and can therefore be customised to your skin tone.

