

HOT SALT BODY SCRUB

45 Min £45
60 Min £65

An invigorating hot salt scrub infused with cleansing essences gently sweeps away impurities and dead skin cells to brighten and smooth the skin. The treatment is made complete with an application of nourishing butters and oils.

DETOXIFYING MUD WRAP

60 Min £75
90 Min £110 (includes massage)

A hot salt scrub sweeps away impurities and dead skin cells before you are coated with a warm layer of cleansing mud. A blend of invigorating oils is massaged into the skin to leaving it feeling soft and smooth and your mind and body recharged.

HOT OIL MOISTURISING WRAP

60 Min £75
90 Min £110 (includes massage)

The treatment begins with hot salt scrub to brighten and smooth the skin before you are cocooned in a layer of intensely nourishing butter and oils. Your skin is left hydrated, nourished and soft. This is a great treatment for very dry skin.

MIND & BODY RITUALS

A SILENT MIND

90 Min £95

A slow rhythmic massage on the face and body that sedates and deeply relaxes a tired mind and body using a powerful blend of sleep inducing essences.

DETOX & CLEANSE

90 Min £95
120 Min £120

Awaken your body from head to toe. A deep cleansing facial is combined with and invigorating body massage to purify, stimulate a sluggish circulation and release toxins. You will feel fresh, energised and full of energy.

GENTLEMANS RETREAT

90 Min £95

A muscle melting back, neck and shoulder massage follows a hot towel facial before your feet are treated to a skin softening foot massage.

THERAPY ADD-ONS

You can further customise your face and body treatment by choosing one or more of our therapy add-ons to create your ultimate therapy experience:

- £10 Collagen Eye Treatment
- £12 Collagen Face Mask
- £7 Aromatic Foot Wrap
- £7 Aromatic Hand Wrap
- £20 Moisturising Hot Oil Body Wrap
- £20 Detoxifying Hot Oil Body Wrap
- £15 Hot Oil Hair Treatment
- £25 Skin Brightening Peel
- £15 Ear Candling

GIFT VOUCHERS AVAILABLE

BUY ANY 6
GET 1 - *Free*

BUY ANY 10
GET 2 - *Free*



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All treatments are performed using only the finest plant ingredients, which are high in natural healing energies, purity and therapeutic benefits.

Each product is expertly blended, enabling us to deliver to the mind and body exactly what it needs.

FACE

BESPOKE FACIAL

45 Min	£50
60 Min	£65
90 Min	£95

We begin with a purification ritual that includes cleansing mud, skin polish, warm compresses, and a facial steam bath. A unique blend of massage techniques releases muscular tension and restore the flow of healing energy to the face. A warm, mask imbued with therapeutic ingredients completes the treatment to leave your skin perfectly balanced and energized.

COLLAGEN FACIAL

60 Min	£80
90 Min	£120

A skin brightening cleanse and polish follows a deep rhythmic massage to deliver a potent blend of ingredients to plump, hydrate and make your skin glow. A cool mask soaked in collagen is applied to the skin for instant hydration to leave your skin brimming with energy and vitality.

SKIN AWAKENING FACIAL

60 Min	£98
90 Min	£145

This therapy purifies and awakens the complexion. Deep tissue, lymphatic drainage and pressure point massage techniques sculpt, lift and dissolve muscular tension whilst feeding the skin with plant oils and actives. A two-phase mask ritual will begin with a firming mask that gently warms whilst the second cools and hydrates leaving you looking radiant and rested.

FACIAL MASSAGE

45 Min	£45
60 Min	£60

Our faces hold and store the experiences of our lives. Sometimes, without our realizing it, our faces grow locked with tension, inhibiting our freedom of expression. This custom face massage gently releases the facial muscles, encourages circulation, lifts and sculpts while it returns us to the face we wish to show the world.

SKIN BRIGHTENING PEELS

30 Min	Mild	£45
	Medium	£50
	Intensive	£55

Balance and brighten your complexion with one of our naturally derived peels. Perfect for dry, dull and congested complexions.

MASSAGE

SWEDISH MASSAGE

30 Min	£35
60 Min	£60
90 Min	£80

A medium pressure massage to help relax, reduce tension and soothe the mind and body.

AROMATHERAPY

30 Min	£40
60 Min	£65
90 Min	£85

Each massage includes a bespoke oil blend, made especially for you from plant oils and butters to nourish the skin coupled with mind altering aromatic essences to bring your mind to a state of calm and silence.

DEEP TISSUE MASSAGE

30 Min	£40
60 Min	£65
90 Min	£85

A combination of deep rhythmic strokes and intense pressure to alleviate muscular tension while rejuvenating the mind and body.

HOT STONES

60 Min	£75
90 Min	£110
120 Min	£145

A sensorial experience that combines hot stones with aromatic essences to melt tired minds and muscles to deeply relax and soothe.

THAI MASSAGE

30 Min	£40
60 Min	£60
90 Min	£85

Yogic stretching, pressure points and massage promote a unique healing experience to relieve tension and balance the body.

HEAD MASSAGE

30 Min	£35
45 Min	£45
60 Min	£65

Therapeutic oils, fragrant in plant essences, are drizzled over the forehead, scalp, and hair. A slow and deeply relaxing shoulder, face, and scalp massage releases muscular tension and soothing you to a state of deep calm.

BODY THERAPY

PURIFYING BACK FACIAL

45 Min	£65
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A deep cleansing treatment that removes impurities dissolves old skin cells and relaxes tired muscles. Hot compresses. Salt scrub and a detoxifying mud mask smooth and brighten the skin.