



Special Treatments Include:

De-Stressing

Therapeutic Day:

Aromatherapy Body Massage, Reflexology, Facial, Manicure and Pedicure – 5 hours. Light lunch included:

£130

Recuperative Care:

Individualised programme to release the build-up of anaesthetic in the body and speed recovery, includes Lymphatic Toxin Relief Massage, using Essential Oils and Reflexology:

£80

Wedding Day Special:

For a leisurely lead up to the Big Day, why not consider our Wedding Service, personally tailored to your individual requirements, finishing with a Make-Up and Manicure on the Day—or perhaps a Stress Relief Massage!

POA

Reiki:

A non-invasive Japanese healing treatment, which encourages the restoration of health on all levels - physical, mental and emotional, balancing the energy centres in the body. It will induce profound relaxation and promotes healing to a wide variety of medical conditions, giving peace and harmony to the Mind, Body and Spirit. 1 hr:

£35

Rejuvenating Facial:

Combining Indian and Chinese massage movements to stimulate the circulation and drain lymphatic fluids, encouraging new skin growth combined with the healing regenerating effects of Reiki. The contours lift, the pores tighten, smoothing out expression lines. The skin glows with good health. 1½ hours:

£50

Anti-Cellulite Treatment:

A stimulating exfoliation to remove dead and dry skin, a detoxifying massage using aromatherapy essences to allow the flow and drainage of stagnant lymphatic fluids, followed by activation of foot reflex zones to purify and cleanse the body of toxins. 1½ hour:s

£60

* New * Sports Massage:

For the relief of tight muscles, ligaments and tendons - 1hour:

£55

Qualified therapists with over 28 years' experience between us.

We have created a haven of peace and tranquillity where we can treat the inner and outer self, relieving stress and giving total relaxation, combined with professional advice for the total care of the body.

*Detoxify your Body,
Destress your Mind,
Regenerate your Spirit
and
Revitalise your Skin*

Specialist products used include natural and organic Pier Angé and Aloe Vera for facials and skincare, and Jessica for hands and nails.

Please note a skin test may be required prior to an appointment, if treatment has not been carried out before.

Cancellation Charges: Cancellations of less than 24 hours' notice will be charged at 50% of the price of the treatment (s) booked.

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Or ask about our **Gift Vouchers**, which can be tailored to your individual requirements.

Massages

Therapeutic Stress Relief Massage

A deep massage on back, neck, shoulders and head, relieving tension and stress - 40 mins: £35

Audio Sonic:

Using soundwaves to concentrate on tight stressed muscles, releasing tension or pain. Incorporated with a massage if necessary.

Aromatherapy:

Awaken your senses with high quality essential oils of herbs, flowers or resins blended to suit the individual giving equilibrium to Mind, Body and Spirit.

Body Massage - 1 Hour: £40

Back Massage - ½ Hour: £30

Sheer Bliss Total Massage:

1½ hours, includes face and head - the Ultimate in massage!: £55

Reflexology:

Based on the feet, the art of fine tuning within the body, releasing congestions. Balances and promotes good health and healing of the bodily functions.

Treatment - 45 mins: £30

Body Care

St Tropez Tanning:

Includes Exfoliation, Moisturising, Self-Tanning Lotion - looks natural and lasts for days.

Face and Body: £38

Half Body: £22

Enzymatic Mineral Mud Therapy:

To detox, exfoliate, purify and soften the skin - 1 Hour: £37

Slimming Body Wrap:

For inch loss and detox - 1 Hour: £40

Body Polish:

The skin is exfoliated with a revitalising body scrub, then a rich moisturiser is massaged in, leaving your skin supersoft and glowing: £36

Hair Removal

Sterex Needle Electrolysis:

5 Minutes £12

10 Minutes £15

15 Minutes £19

20 Minutes £21

25 Minutes £23

Waxing

Upper Lip: £10

Chin: £10

Lip and Chin: £18

Eyebrows: £10

½ Leg Wax: £17

¾ Leg Wax: £20

Full Leg Wax: £25

Full Leg Wax + Bikini Line: £35

Upper Legs: £20

Bikini Line: £15

Brazilian Wax: £19

Under Arm: £14

Arms: £16

Back: £20

Ear Piercing

Approved by the Health Authority, gold studs with surgical inners: £24

Make-Up

Preparations and make-up: £37

Hot Paraffin Wax

For moisturising and soothing joint pain and hard dry or cracked skin on hands or feet Includes hand / foot massage: £22

Pedicure

Specialised products containing herbs and minerals - 45 mins: £27

Spa Pedicure:

Foot soak followed by exfoliation of the skin, moisturising treatment £22

All prices as at February 2011

Skin Care

Visibly Vibrant Facial:

To include deep cleanse, eyebrow tidy, exfoliation, steam masque, face neck and shoulder massage, toning and moisturising - 1 Hour: £40

Mini Facial:

40 mins: £30

Electrotherapy Facial:

Using galvanic and faradic currents, thoroughly deep cleansing and regenerating new skin cells, stimulating, pore-tightening and moisturising - 1½ hours: £46

Signature Facial:

With Indian Head Massage - 1½ hours: £48

Divine Facial:

Boosts the metabolic rate of skin cell renewal, oxygenates and rehydrates the skin - 1¼ hours: £44

Back:

Customised back treatment using electrotherapy, including deep cleansing, purifying, pore-tightening and toning - 1¼ hours: £42

Eyes

Eyelash Tint: £12

Eyebrow Tint: £9

Lash and Brows Tint: £18

Eyebrow Tidy: £9

Eyelash Perm: £26

Eyelash Tint and Perm: £30

Manicures

File and Revarnish - 20 mins: £12

French Manicure - 40 mins: £25

Jessica Manicure:

Specialised hand and nail treatment - 40 mins: £25

Bio Sculpture Gel Nails - 1¼ hours: £40