

# TREATMENT LIST

## Facial Treatments

This includes and Deep Cleanse, Tone, Exfoliation. Choice from either a Scalp or Hand/arm Massage finished by application of moisturiser.

The perfect Pick me up.

(Per person)

£50.00 - 30 minutes

£70.00 - 60 minutes

## Holistic Massage

Your treatment will be tailored to suit your specific needs. Whether it be calming motions to promote relaxation, or deep tissue techniques ease specific tension.

(Per person)

30 Minutes £55

45 Minutes £65

60 Minutes £70

90 Minutes £85

## Express treatments (5 people plus)

£40 - 20 minute Bespoke massage or Facial (Per person)

## Deep Tissue Massage

Deep tissue massage is designed to relieve severe tension in the muscle and the connective tissue or fascia.

(Per person)

30 Minutes £55

45 Minutes £65

60 Minutes £70

90 Minutes £95

## Hot Stone Massage

A relaxing and therapeutic treatment that uses warm basalt stones soothing achy muscles. (Subject to availability)

(Per person)

30 Minutes £55

45 Minutes £65

60 Minutes £70

90 Minutes £95

**Pregnancy** massage and facials are available, please speak to Ally.