



## **Spa Treatment Menu**

### **February 2021**

#### **Massage Treatments**

##### **Soft Tissue Massage**

Bespoke Massage following a short consultation with our therapist tailoring oils and technique to match your specific requirements. Calms the mind and provides the opportunity to forget the stresses of the day and promotes a restful night's sleep

##### **Deep Tissue Massage**

Deep tissue massage targeting and stretching the muscles to relieve tension. Used to treat muscle and tendon injuries, pain, and stiffness in your major muscle groups and joints focussing on the parts of your body that tend to hold the most tension, such as your neck, shoulders, and back. Encourages blood flow in order to bring oxygenated blood to repair damaged cells.

##### **Sports Massage**

Sports massage aiming to enhance circulation, increase tissue elasticity and reducing muscle tension. Working deep into the muscle manipulating to treat damage and injuries. Will assist in relieving tight muscles which can limit flexibility, increase pain and cause future injuries. Different techniques are used to realign the muscles and improve posture. As the muscles are released this results in greater range of motion in the joints.

##### **Hot Stone Massage**

Using smooth, heated stones. The localized heat and weight of the stones warm and relax muscles, allowing the massage therapist to apply deeper pressure to those areas without causing discomfort.

##### **Aromatherapy Massage**

A holistic treatment using essential oils through the application of massage to relieve stress and anxiety, promote relaxation and aid pain relief. Essential oils are known to improve circulation, enhance the immune system and reduce pain levels linked to conditions including joint pain or chronic fatigue. A variety of essential oils are selected by our therapist individually for you based on your specific requirements.



## **Manicure & Pedicure Treatments**

Our manicure includes a gentle exfoliation of the hands, cleaning and shaping of the nails followed by a colour of your choice, then finished off with a short hand massage to moisturise and hydrate.

Our pedicure involves soaking and exfoliating the feet, cleaning and shaping the toe nails followed by painting a colour of your choice and lastly a short massage to restore hydration and improve skin texture.

## **Eyebrow Treatments**

### **Eyebrow Wax**

Define and enhance the shape of your natural eyebrows, getting rid of stray hairs to leave a neat and tidy finish. This quick, gentle and long lasting treatment is perfect for those looking to get rid of unwanted hairs for a soft and natural shape.

### **Eyebrow Tint & Wax**

A semi-permanent eyebrow dye is used to further enhance the colour and shape of your natural eyebrows. Perfect for those who usually pencil in eyebrows on a daily basis or for occasions where the natural eyebrow hair is lighter than the head hair.

### **Henna**

Ciaobrow Henna is a vegan and cruelty free semi-permanent eyebrow dye derived from the henna plant. It has many benefits including the strengthening of eyebrow hair and the stimulation of hair growth which is perfect for the finer brow. This treatment is gentle and effective lasting up to 6 weeks and gives a tattooing effect.



### **Price List (February 2021)**

All massage treatments:

**30 minutes = £45**

**45 minutes = £60**

**60 minutes = £70**

All manicure and pedicure treatments:

**Manicure = £30**

**Pedicure = £30**

Eyebrow Treatments:

**Eyebrow Wax = £7.00**

**Eyebrow Tint & Wax = £15.00**

**Henna = £20.00**

### **Opening Times**

Normal Opening: Tuesday – Saturday

By Prior Arrangement: Sunday

Closed: Monday