



Treatment Menu June 2021

Massage Treatments

Soft Tissue Massage – a bespoke massage following a short consultation with our therapist tailoring oils and techniques to match your specific requirements. Calms the mind and provides the opportunity to forget the stresses of the day promoting a restful night's sleep.

Deep Tissue Massage – this treatment is used to treat muscle and tendon injuries, pain, and stiffness in your major muscle groups and focusses on the parts of your body that tend to hold the most tension, such as your neck, shoulders, and back. It encourages blood flow in order to bring oxygenated blood to the tissues to repair damaged cells.

Sports Massage - the aim of this treatment is to enhance circulation, increase tissue elasticity and reduce muscle tension. The therapist will work deep into the muscles manipulating them to treat damaged tissue and injuries. This 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.

Hot Stone Massage - using smooth, heated stones the therapist will use the localized heat and weight of the stones to warm and relax the muscles allowing a deeper pressure to be applied to those areas releasing tension 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.

All Massages

30 minutes = £45 45 minutes = £60 60 minutes = £70

Eyebrow Enhancements

Wax (£10) - 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.

Tint (£10) - temporarily changes the colour of the eyebrow hair to enhance and define the brows. The tint picks up fine hairs surrounding the brows which creates a thicker appearance for sparse and fair brows.

Wax & Tint (£18) - a semi-permanent eyebrow dye is used to 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 (£22) - 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 brows. This treatment is gentle and effective lasting up to 6 weeks and gives a tattooing effect.

Eyelash Enhancements

Lash Lift & Tint (£30) – a semi-permanent curl and tint for natural eyelashes making your eyelashes visibly longer and thicker with a natural curl. Eyelashes are lifted and separated making the eyes appear brighter and more open.

Lash Tint (£12) - temporarily changes the colour of eyelashes to enhance and define them. Different coloured tints can be used depending on skin tone, hair colour and the desired appearance.

Opening Hours

Tuesday – Thursday
2pm-6pm

Friday & Saturday
9am – 6pm