



Spa Treatment Menu

November 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 – a bespoke massage focusing on the parts of your body that tend to hold the most tension. Different techniques are used to encourage blood flow in order to repair damaged cells and release chronically tight muscles.

Sports Massage - our therapist will work deep into the muscles manipulating them to treat any damaged tissue caused by repetitive strenuous activity or trauma. This will release tight muscles and realign the tissues which improves posture, increases flexibility and alleviates pain.

Hot Stone Massage - our therapist will use the localized heat and weight of smooth 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. 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

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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.

Tint (£10) - temporarily changes the colour of the eyebrow hair to enhance and define the brows.

Wax & Tint (£18) - a semi-permanent eyebrow dye is used to enhance the colour and shape of your natural eyebrows whilst tidying stray hairs with wax and tweezers.

Henna (£22) - Ciaobrow Henna is a vegan and cruelty free semi-permanent eyebrow dye. It strengthens eyebrow hair and stimulates 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

Ciaobrow Lash Lift & Tint (£30) – a semi-permanent curl and tint for the natural eyelashes making your eyelashes visibly longer and thicker with a natural curl.

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

Hand & Foot Treatments

Luxury Manicure (£30) – a gentle warming and exfoliation of the hands, cleaning of the cuticles and shaping of the nails. A gel polish is then applied and a moisture mask to finish.

Luxury Pedicure (£30) – a gentle warming and exfoliation of the feet, cleaning of the cuticles and shaping of the toe nails. A gel polish is then applied and a moisture mask to finish.

Gel Polish Hands (£22) – a plain gel polish on natural nails with a variety of colours to choose from.

Gel Polish Toes (£22) – a plain gel polish on natural toe nails with a variety of colours to choose from.

---Vouchers Available---



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