

TREATMENTS MENU



BESPOKE MASSAGE

*60 mins £140
90 mins £180
120 mins £220*

This treatment combines different flowing and relaxing massage techniques. Choose from light to firm pressure to create a real customized experience and a feeling of calm, de-stress, whilst mentally uplifting and clearing the mind.

DEEP TISSUE MASSAGE

*60 mins £140
90 mins £180
120 mins £220*

Extremely effective firm massage that concentrates on particular areas of concern by manipulating the deeper tissues in the body, including muscles. Ideal for fitness enthusiasts, this helps to ease deep seated-tension, improve stiffness, treat muscle pain and stress relief.

PREGNANCY MASSAGE

(available after 12 weeks pregnancy)

*60 mins £140
90 mins £180*

Using a comfort cushion and light pressure techniques, this treatment has been designed to improve circulation through specific soothing techniques. It helps reduce swelling and discomfort. The massage is performed using all-natural ingredients promoting hormone balance, skin rejuvenation and deep relaxation.

SCULPTING FACIAL

*60 mins £140
90 mins £180*

Ease day-to-day stresses, facial muscular tension and promote deep hydration. The facial includes three massage protocols starting with lymphatic drainage as well as relaxing and lifting techniques, inspired by the Japanese Kobido. This involves firm pressure and specific sliding movements on meridians and acupuncture points, to offer a true rejuvenation and instant sculpting effect. A gentle cleanse and exfoliation will clear and smooth the complexion while the mask helps brighten and plump the skin, reduces wrinkles and fine lines, leaving the skin looking radiant and youthful.

ADD ONS

REFLEXOLOGY

30 mins £50.00

Following the principles of traditional Chinese medicine, reflexology involves applying different techniques and pressure to the feet. It's based on a theory that these body parts are connected to certain organs and body systems and applying pressure to these parts offers a range of health benefits as well as deep relaxation.

BODY SCRUB

30 mins £50.00

For a beautifully smooth and glowing skin, add a body scrub. The combination of Himalayan salt and natural oils will leave you feeling pampered and renewed.

HEAD & SHOULDERS

30 mins £50.00

Inspired by Indian head massage, this treatment focuses on massaging acupuncture points along the head, neck, and shoulders, using circular strokes to improve hair and scalp condition and promote deep relaxation. (Can be performed with or without oil according to your preferences).

FACE MASSAGE

30 mins £50.00

This face and décolleté massage applies relaxing as well as acupuncture and sculpting techniques to improve cell exchange and collagen production while lymphatic drainage flushes toxins out and boosts circulation for a healthy skin glow and intense rejuvenation.

EXPRESS' FACIAL

30 mins £50.00

This glow-boosting treatment offers a gentle cleanse, a relaxing as well as lifting face massage and a deeply hydrating mask leaving the skin nourished and revived.

