



Platinum Spa Treatments

60 mins | £60

Platinum 60 minute treatments



- **Deluxe Facial** – Aromatic facial for all skin types. There is nothing like stress for aging the skin and nothing like relaxation for improving it. This indulgent aromatherapy facial is designed to keep your skin looking radiant and healthy. It concentrates on relaxing tense face muscles and will soothe, calm and nourish a tired complexion. A deep cleanse, gentle exfoliation which precedes a mask, you will then enjoy a facial massage all topped off with eye and face cream. Hand, arm and scalp massage - pure bliss.
- **Full Body Massage** – A Swedish massage is a relaxing massage aimed to relieve muscular aches and pains. If you need a deep massage to address those difficult knots, aches and pains or something more relaxing to ease away stresses and re-connect, then this is the choice of massage for you. Leaves you feeling relaxed or revitalised and improving your mental wellbeing.
- **Aromatherapy Massage** – Personalised to your physical and emotional needs, carefully chosen aromatherapy blends, relax, detoxify or energise, while advance massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Your mind and body feel balanced, energy renewed and inner calm restored.
- **Lava Shell Relax** – Feel the warmth of the tropics with Lava Shells for the ultimate relaxation experience. A full body heated massage, using Lava Shells. These are the World's first self heating massage tool, which increases the effect of the massage tenfold. When you are looking to refocus your mind, Lava Shells deliver a unique massage of warmth to relax the muscles, working on pressure points and tension areas to ease stress and deliver an intense and powerful massage treatment creating a sense of balance to the entire body.
- **Luxury Manicure** – A nourishing treatment for hands in need of a little TLC. Hands are exfoliated and a softening treatment is used for the hands, followed by a hand and arm massage. Nails are preened to perfection with a finish of OPI colour of your choice.
- **Luxury Pedicure** – This pedicure will leave your feet feeling lighter and softer than ever. Starting off with hard skin removal, file and cuticle work. Afterwards feet will be soaked and buffed, and a cooling mask applied to nourish and soften the skin. A soothing foot and leg massage to finish off with OPI polish of your choice.

Add a Gel Finish for an additional 15 minutes to the treatment time and an extra £15 to the treatment price.



Gold Spa Treatments

30 mins | £35

Gold 30 minute treatments

- Indian Head Massage – An ideal massage to help you unwind, using specific pressure points to relieve tension in the upper back, face and scalp. This relaxing and vitalising head massage releases fatigue and tension. You'll experience an invigorating scalp massage and rich oil to strengthen and thicken hair. **Add one of our amazing hair masks during this treatment for an indulgent upgrade £10**
- Zen Power Facial – Tailored to your skin type, we offer a gentle exfoliation that power cleanses, before applying a rich mask to nourish your skin. You will then enjoy a facial massage all topped off with a revitalising eye and face moisturiser to hydrate and protect the skin, leaving it clear and natural. If you are looking for fast results, need to look your best and don't have much time this is the one for you.
- Zen Back Massage – A back, neck and shoulder massage incorporating traditional Swedish massage techniques. Our priority in this treatment is to understand and address the tension in your back and how it impacts the rest of your body. By focusing on the back, you will experience intense muscle relaxation, and a feeling of wellbeing. This massage is particularly good for relieving mild aches and pains.
- TLC for Legs & Feet - Instant relief for tired, over worked feet and limbs. We begin with skin brushing to help eliminate excess fluids, continue with a scrub, a leg and foot massage and finish with a cooling peppermint balm.
- Express Manicure – Essential upkeep with nail tidy, file and shape, finished off with an application of OPI Polish or go without for natural nails.
- Express Pedicure – Removal of hard skin, nail tidy, file and cuticle work, finished off with an application of OPI Polish or go without for natural nails.

Add a Gel Finish for an additional 15 minutes to the treatment time and an extra £15 to the treatment price.

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