



## THERAPY ROOM

Treatment price list

	30 min	60 min
<b>Facial</b> .....	<b>30</b>	<b>50</b>
<i>A prescriptive tailored facial designed to suit your skin needs and concerns. This facial includes exfoliation and specialised mask, while you relax with a choice between a head massage or arm and hand massage.</i>		
<b>Aromatherapy Massage</b> .....	<b>30</b>	<b>50</b>
<i>Restore your body, mind and spirit with the use of aromatherapy oils upgraded into your massage treatment to help restore inner peace and relieve tension.</i>		
<b>Indian Head Massage</b> .....	<b>30</b>	<b>50</b>
<i>Focuses on the tension held in your head, face, neck and shoulders. This is perfect for relaxation and de-stressing using coconut oil to deeply condition skin and hair.</i>		
<b>Reflexology Massage</b> .....	<b>30</b>	<b>50</b>
<i>Reflexology is based on an ancient theory: A foot map of the body, correlates to different areas on the body that's believed to be unbalanced. This soothing massage encourages the body to restore its balance naturally, used to relieve tension, manage health issues and stress levels using reflex points on the feet.</i>		
<b>Body Massage</b> .....	<b>30</b>	<b>50</b>
<i>A light to medium Thai-styled massage perfect for deep relaxation and tension relief. Relax and unwind while your tension is relieved from aches and pains.</i>		
<b>Hot Stones Massage</b> .....	<b>40</b>	<b>60</b>
<i>Heated basalt stones are placed as well as massaged along the body to enhance deep relaxation. The heat from the stones help to relax the body and warm up the muscles allowing for a deeper all-over massage for tension relief.</i>		
<b>Relaxation Massage</b> .....	<b>30</b>	<b>50</b>
<i>Specifically targets the body for ultimate deep relaxation: this treatment combines aromatherapy oils and hot stone therapy together to create a blissful peace and restoring the body.</i>		
<b>Deep Tissue Massage</b> .....	<b>40</b>	<b>60</b>
<i>A deep firm pressure Thai-styled massage that relieves stiff and sore muscles using intense muscle healing therapy techniques to help break down the tension in the body and promote deep relaxation.</i>		
<b>Cranberry &amp; Passion Fruit Body Scrub</b> .....	<b>40</b>	<b>60</b>
<i>Restore your skin this winter with our cranberry and passion fruit sugars spa body exfoliation treatment to gently and deeply exfoliate the skin, suitable for all skin types. This signature spa treatment includes a energising full body exfoliation, Indulging Indian head massage, rainfall shower, finishing off with a relaxing warm oil hydration massage.</i>		

Please book treatments in advance.

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