

# 02 Body

## Massage

A firm massage to ease muscle tension and relieve stress. Improves circulation, flexibility and relaxation.

Full body massage	60 minutes	£45.00
Back, neck & shoulder massage	45 minutes	£35.00
Back massage	30 minutes	£30.00

## Hot stones massage

A deeper form of massage utilising the therapeutic benefits of smooth warmed stones. The volcanic stones deliver warmth and relax the muscles increasing the blood flow to the area being worked on which further accelerates the healing process.

Full body massage	75 minutes	£60.00
Back massage	30 minutes	£35.00

## Body exfoliants

The Beauty Suite ultimate all-over treatment	90 minutes	£70.00
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An all over body treatment starting with an exfoliating scrub followed by a full body massage leaving you feeling refreshed and balanced.

The Beauty Suite exclusive	60 minutes	£60.00
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A gentle exfoliation that stimulates circulation and removes dead skin cells. After a refreshing shower, skin is hydrated with the body firming moisturiser followed by a soothing hot stones back massage to ease tension and relieve stress.

The Beauty Suite top to toe	30 minutes	£30.00
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Top to toe face & body exfoliation, after a refreshing shower, skin is hydrated using the Murad body firming cream.

Murad clarifying back treatment	60 minutes	£55.00
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A fantastic treatment for the back. Exfoliating enzymes dissolve dead skin cell debris, leaving skin cleansed, smooth and healthy. Also includes a massage and cleansing mask. Perfect any time your back is exposed

## Cellulite

Murad firm and tone treatment	45 minutes	£45.00
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This unique body firming treatment will visibly decrease the appearance of cellulite and stretch marks on thighs, bottom, stomach, bust or upper arms.

## Tanning

Discover a gorgeous natural looking tan with our St.Tropez tanning treatment. Includes a full body exfoliation, which will soften and smooth skin, before the application of the St.Tropez tanning cream.

St.Tropez full body	60 minutes	£40.00
St.Tropez half body	30 minutes	£25.00

Note: Do wear loose dark clothing after treatment.