

02 Body

Massage

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

Full body massage	60 minutes	£50.00
Back, neck & shoulder massage	45 minutes	£36.00
Back massage	30 minutes	£31.00

Hot stones massage

A deeper form of massage utilising the therapeutic benefits of smooth hot 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	60 minutes	£60.00
Back, neck & shoulder massage	45 minutes	£40.00
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

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 with powerful Vitamin C antioxidants to repair against free radical damage and brighten skin tone.

Clarifying back treatment	60 minutes	£57.00
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Exfoliating enzymes dissolve dead skin cells and deep cleans clogged pores to leave skin smooth and clear. Also includes a massage and cleansing clarifying clay mask. Perfect for blemish sufferers or any time your back is exposed

Cellulite

Murad firm and tone treatment	45 minutes	£45.00
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Reduce the signs of cellulite and stretch marks while increasing skin firmness and elasticity. This unique body firming treatment will work on thighs, bottom, stomach, bust or upper arms. Also a fantastic treatment to reverse sun damage, due to the high percentage of vitamin C that repairs damaged skin. For best results we recommend a course of treatments, along with a 3 step homecare routine. Speak to your therapist about the Murad Firm and Tone package.

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	£35.00
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St.Tropez half body	30 minutes	£26.00
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St.Tropez legs only	30 minutes	£20.00
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Note: Please bring loose dark clothing for after tan treatments.