

Massage & Body

HOPI EAR CANDLES (EAR CLEANSING)

An ancient therapy used for relieving headaches depression, tinnitus and sinus congestion, this treatment includes a lymph drainage pressure point massage.

30 mins £35.00

SALT AND OIL SCRUB

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment or in preparation for an ESPA Massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

30 mins £45.00

STRENGTH & RESILIENCE MASSAGE

Transform mind & body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage.

Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life's unexpected journeys.

Includes: Yogic stretching, reflex zone foot massage, back massage, sinus release – scalp massage

85 mins £85.00

PERSONALISED BODY MASSAGE

Choose your pressure: gentle, medium, firm or deep tissue.

Choose your type:

Aromatherapy

A relaxing massage using a blend of individually chosen oils, your therapist will select from: Detoxifier, De-stresser, Muscle Relaxer, Jet-Lag Eliminator, Immune Booster, Energiser.

Swedish

Using traditional stimulating movements and a nourishing oil.

30 mins £40.00

60 mins £55.00

Body Sculpting

LIPOFIRM PRO

Lipofirm Pro is a Medical platform machine with clinical trials. Technology uniquely combines two technologies – TriLipo Radiofrequency (RF) and TriLipo Dynamic Muscle Activation (DMA). Working simultaneously using a single applicator, they create a synergistic effect that delivers non-invasive fat removal and lymphatic drainage, as well as skin tightening.

Target areas include:

- Non Surgical Bum Lift (includes back of thigh area)
- Thigh area
- Stomach area
- Arms area
- Back/Flanks area
- Face, Neck & Chin area

Lipofirm Pro can be used for:

- Focused Fat Reduction
- Cellulite, Stretch mark appearance improvement
- Long Term Circumferential Decrease
- Skin Tightening and Firming
- Facial Contouring
- Wrinkle Reduction
- Lifting, Toning and Firming of Muscles
- Detoxification and Improved Drainage
- Enhanced Blood Circulation and
- Oxygenation
- TriLipo – Triple fat reduction

Per area
Course of 6

£75.00
£375.00