



TREATMENT GUIDE

Facials

Renew Rose Radiance Facial 50 minutes / £75.00

Our beautifying and luxurious Renew Rose Radiance Facial softens, moisturises and nourishes, using natural Damask Rose water, Geranium and Evening Primrose Oil to support circulation and purify your skin. More than a facial, this is a facial experience. Cleansing, exfoliation, a rejuvenating facial massage and application of a hydrating mask is topped with a relaxing scalp massage. This facial will leave your skin toned, polished, delicately scented and quite simply radiant.

Renew Rose Anti-Age Facial 80 minutes / £110.00

This facial treatment uses the age old properties of Rose and Frankincense to smooth and revitalise skin texture, encouraging skin cell renewal. The treatment starts with a relaxing back massage to open up the energy channels to the face and neck. After a nourishing cleanse and exfoliation, a double layer of masks, rejuvenating mud, and intensely hydrating gel is applied to condition the skin and reduce the appearance of fine lines and wrinkles. A firming facial massage concentrates on the areas most affected by the ageing process leaving your skin toned and radiant.

Prescriptive Facial 55 minutes / £75.00

The Prescriptive Facial enables your therapist to closely examine your skin and treat all conditions whether congested, dry or in need of anti-ageing treatment.

Designed to leave the complexion smooth and luminous, the Prescriptive Facial takes a new approach in facial care. Not only does it use essential oils to improve the skins condition but also utilises Eastern and Western massage techniques to refresh the skin, improving circulation, lymph flow and skin oxygenation whilst easing a stressed mind and relaxing the face, neck and shoulder muscles.

Skin Refining Face Treatment 55 minutes / £75.00

Orange Flower Water, distilled from the white flowers of sweet orange trees, lavender, ylang ylang and tea tree form the basis of the products used within the skin refining treatment to create a natural antibacterial effect to calm, balance and regulate the skin.

The skin is cleansed, exfoliated and massaged using traditional pressure point techniques. A deep cleansing mask is applied to re-mineralise and deep cleanse the skin followed with an application of serum, eye cream and moisturiser.

The treatment is ideal for combination skin with blemishes. The treatment is also extremely beneficial for men.

Specialised Treatments & Body Boosters (Scrubs & Wraps)

De-Stress Muscle Release Massage 50 minutes / £70.00

Designed for stiff, tight, fatigued muscles and joints. The De-Stress Muscle Release Massage incorporates specialised intensive deep tissue techniques to warm, manipulate and ease the muscles with stretching and drainage techniques to reduce the build up of lactic acid. Ideal post sport, or simply after stressful days at work.

Re-Balancing Deep Cleanse Back Treatment 30 minutes / £45.00

A deep cleansing back treatment that refines the skin and works to balance out the natural oils. A combination of Orange Flower, Lavender and Tea-Tree and active natural extracts refresh and revive the skin and give long lasting antibacterial protection.

De-Stress Mind Body Soother 50 minutes / £70.00

After a thorough all over exfoliation, your body is enveloped in a comforting wrap of releasing, relaxing and fortifying Frankincense, Chamomile and Rosemary. A massage to the neck, shoulders and scalp frees up your mind and eases the stresses and strains of everyday life whilst conditioning and revitalising the skin.

Citrus Detox Reviver 50 minutes / £70.00

Feel totally clean, refreshed and revived. A delightful detox for the mind and body. A diverse combination of Pink Grapefruit, Rosemary and Juniper berry perfectly blended to stimulate the skin, assist cellulite and refresh the mind.

A lovely treatment not only for detoxing but for overindulged, weary and tired bodies.

Lavender & Peppermint Cooler 50 minutes / £70.00

In essence, a perfect full body massage including the arms, legs, back, neck and shoulders. Relax with the gentle soothing and calming fragrance of Lavender & Peppermint to ease, unwind and alleviate sore aches and pains.

Rose Hydrating Cocoon 50 minutes / £70.00

Indulge in a nourishing, deeply moisturising treatment. Rich oils and luxury creams of Damask Rose are smoothed into freshly exfoliated skin. Relax before being gently cocooned to infuse the products and condition the skin.

The Renew Rose Body Wrap is a delightful treat for any fine lady.

Massages

Swedish Massage

The traditional method of Swedish massage combines deep tissue techniques with precise muscular movements. A great treatment for encouraging relaxation, easing tight muscles and releasing endorphins which act as the bodies natural painkillers!

Back, Neck & Shoulders	25 minutes / £40.00
Full Body	55 minutes / £75.00
Full Body (to include face and scalp)	85 minutes / £105.00

Indian Head Massage

A non-invasive, relaxing treatment incorporating the upper back, neck, face and scalp. Indian Head is a dry massage performed over clothing leaving you feeling totally de-stressed and pampered. A great pick-me-up treatment.

The Real Aromatherapy Experience	50 minutes / £80.00
	80 minutes / £110.00

The Aromatherapy Associates Real Aromatherapy Experience is the culmination of over 30 years of hands on experience from Aromatherapy experts who have developed the techniques for today's clients. The treatment combines the unique power of pure essential oils with a specialized massage drawn from the traditions of both East and West.

Incorporating Swedish, neuromuscular techniques, spinal pressures and foot reflex points this is the perfect relaxation therapy.

Choose a blend from 11 specialist oils and either a 50 or 80 minute treatment. Both treatments include a face and scalp massage and massage to the arms, legs and back. The 80 minute treatment is just a little more indulging.

Pregnancy Treatments

The Real Nurturing Aromatherapy Experience

A wonderfully relaxing aromatherapy experience using massage techniques developed for the specific needs of pregnancy. A light blend of Rose Oil soothes the skin and reenergizes the body and mind.

Rose Hydrating Cocoon (Mother-To-Be)

Treat yourself to 50 minutes of complete indulgence. The skin nourishing properties of Rose essential oil are used to rejuvenate and nourish your skin helping to keep it soft and supple and able to cope with the demands of pregnancy. After a gentle exfoliation relax in a warm cocoon of fragrant serums and rich creams whilst enjoying a tension relieving scalp massage.

Maintenance Treatments

Manicures and Pedicures

For our manicure and pedicure treatments we use the renowned Jessica Natural Nail range, specialists in prescriptive products for the hands and feet.

With all manicure and pedicure treatments we advise allowing an hour for the polish to set post treatment.

Jessica Manicure	50 minutes / £45.00
Jessica Pedicure	50 minutes / £50.00

Make-Up

Pre-wedding Make-up Trial	60 minutes / £95.00
Wedding Day Make-up Application	30 minutes / £48.00
Make-Up Application	30 minutes / £48.00
Make-Up Lesson	60 minutes / £95.00

Eye Treatments

Eyebrow Shape	15 minutes / £15.00
Eyeshadow Tint*	25 minutes / £25.00
Eyebrow Tint*	15 minutes / £15.00
Eyeshadow & Eyebrow Tint*	25 minutes / £35.00
Eyebrow Tint & Eyebrow Shape*	15 minutes / £25.00

*We recommend having a tint test 24 hours prior to tinting treatments.

Waxing

Full Leg Wax	55 minutes / £45.00
¾ Leg wax	45 minutes / £40.00
½ Leg Wax	25 minutes / £35.00
Bikini Wax	15 minutes / £15.00
Underarm Wax	15 minutes / £15.00
Eyebrow Wax	15 minutes / £15.00
Upper Lip Wax	15 minutes / £15.00
Chin Wax	15 minutes / £15.00
Back Wax	25 minutes / £35.00

Booking Guidelines

Due to popularity we recommend making treatment reservations 14 days prior to arrival. To make your reservation please call our treatment reservation line on 0845 429 4998.

Please advise us of any medical conditions you may have upon making your booking and note we operate a 24 hour cancellation policy.