

Please choose one of the following 45 minute treatments

### Back to Life

This deeply relaxing massage combination is one of our most popular treatments working the back, neck, shoulders, upper arms, face & scalp. Sheer bliss!

### Body Brightening

An invigorating treatment to smooth and brighten your skin. Body brushing will stimulate and detox the skin followed by a salt scrub to remove dead skin and rejuvenate, finished off with a hydrating lotion massaged into your skin.

### Luxury Foot Ritual

Revive those achy feet and lower legs with a refreshing exfoliating treatment, nourishing mask, heated boots, pressure points and soothing massage techniques

### Back Pamper

This luxurious back treatment begins with a deep cleanse, followed by an invigorating sea salt scrub, a detoxifying back mask and completed with a massage to relieve muscular tension.

### Gel Polish application

Your therapist will shape your nails, tidy your cuticles and apply a beautiful colour. Our gel polish gives a durable shine and dries immediately. It is gentle on your nails and lasts for up to two weeks+ chip free! (Fingers OR Toes)

