



### Traditional Thai Massage

1hr £40 : 90min £60 : 2hrs £75

A unique massage therapy of deep stretching, palm pressure and compression makes this an invigorating massage.

### Thai Aroma Wellness Oil Massage

1hr £40 : 90min £60 : 2hrs £75

Massage with aromatic essential oils designed to strengthen the body's energy with renewed spirit.

#### And with Hot Stones

1hr £42 : 90min £62 : 2hrs £77

### Thai Herbal Therapy Massage

1hr £60 : 90min £80 : 2hrs £100

A fusion of heated Thai herbal packs with a full body massage that promotes blood circulation that dissolves muscular aches and pains.

### Foot Massage (Reflexology)

30min £25 : 45min £35 : 1hr £40

A traditional massage technique applying gentle pressure to the reflex points of the feet, deeply relaxing and therapeutic.

### Deep Renewing Massage

1hr £45 : 90min £65 : 2hrs £80

A deep massage that loosens tense muscles, an effective treatment that increases the circulation and energy flow.

### Back Neck & Shoulder Massage

30min £25 : 45min £35 : 1hr £40

A customised treatment that focuses on relieving tension albeit from pressures the of day, office work, or other stresses and strains of everyday life.

#### And with Hot Stones

30min £30 : 45min £40 : 1hr £45

### Hot Stone Massage

1hr £50 : 90min £70 : 2hrs £85

Full body massage heated stones used for its thermotherapy benefits with gliding massage strokes for a warm, deeply relaxing treatment.

### Indian Head Massage

30min £25 : 45min £35 : 1hr £40

A form of healing massage into the neck and scalp to benefit the hair and alleviates headaches, migraine and sinus problems.

## Gift Vouchers Available

### Hopi Ear – candles

1hr £39

Ear candling that clears blockages in the ears and sinuses with massage to relieve pressures likely to cause headaches, migraine, sinusitis and rhinitis.

### Mum to be Massage

1hr £40 : 90min £60 : 2hrs £75

Prenatal therapeutic bodywork that enhances the function of muscles and joint, improving circulation and general body tone.

### Natural Face Lift Massage

1hr £20

Massage that releases tense facial muscles and regenerates facial tone and complexion.

### Balancing Facial Massage

1hr £20

Full facial treatment. Initial cleansing, applying scrub and then facial mask with Aloe Vera pure natural products followed by scalp, neck and shoulder massage. Look young again.

## Pampering Spa Escapes

A combination of treatments to maximize your overall pampering experience.

### Excess

90min £60 Select 3 treatments below:

Back, Neck & Shoulders

Indian Head

Balancing Facial

Foot Massage

### Indulgence

2hrs 30mins £80

Thai Aromatic Oil Massage

Balancing Facial

Indian Head

### Luxury

2hrs 30mins £90

Thai Aromatic Oil Massage with hot stones

Indian Head

Balancing Facial

Foot Massage

### Voluptuary

3hrs 30mins £120

Traditional Thai Massage

Thai Aromatic Oil Massage with hot stones

Thai Herbal Compress

Balancing Facial

Foot Massage

Scalp Massage



## Manicure and Pedicure for men and women

### Hands

File and Paint / nails shaping and filing, Alessandro nail polish applied. **£8.50**

Manicure / nails cut, shaping and filing, cuticle push back and trim, Alessandro nail polish, cuticle oil and hand cream applied. **£15.00**

Shellac Gel polish / nail shaping and filing, cuticle push back, shellac nail polish, cuticle oil and hand cream applied, lasts up to 14days. **£18.00**

Peel Off Gel polish / nail shaping and filing, cuticle push back, Alessandro nail polish, cuticle oil and hand cream applied, lasts up to 10days. **£16.00**

### Feet

Pedicure / nails cut and filing, cuticle push back, Alessandro nail polish, cuticle oil and cream applied. **£15.00 + £3 Gel polish**

Full Pedicure / nails cut, shaping and filing, cuticle treatment, foot bath, filing of dead skin, Alessandro nail polish, cuticle oil and cream applied. **£25.00 + £3 Gel polish**

Luxury Pedicure / Full pedicure plus foot scrub, foot cream and mask, also includes a foot massage and Gel polish finish. **£35.00**

## Hot & Warm Waxing

### Women

Lip / Chin	£5
Eyebrows	£10
Underarms	£10
Full face	£25
Half arm	£15
¾ arm	£18
Full arm	£23
Bikini line	£10
Half leg	£20
¾ leg	£25
Full leg	£30

### Men

Chest	£15
Chest + stomach	£30
Half back + shoulders	£25
Back + shoulders	£35
Full arms + hands	£40
Half leg, feet + toes	£45
¾ leg, feet + toes	£50
Full leg, feet + toes	£60
Underarms	£12
Eyebrows	£12