



WELLNESS TREATMENT MENU

MASSAGES

45-MINUTE BACK NECK SHOULDER MASSAGE 100.00

Relax your mind and nourish your skin with a little pick me up tailored to your needs. This massage is focused on relaxing muscles, and releasing tension around the full spinal column. Designed to increase natural energy flow and balance, and improve circulation.

40-MINUTE SEATED INDIAN HEAD MASSAGE 100.00

Ideal for the release of head stress and tension, this is a deeply relaxing massage to the head and scalp, including facial relaxation points, designed to calm a busy mind.

60-MINUTE CLASSIC FULL BODY MASSAGE 150.00

Whether it's muscle pain, stress relief, relaxation or balance, this flowing massage works deep into tension, encouraging optimum circulation. A personalised experience.

90-MINUTE LUXURY FULL BODY MASSAGE 190.00

An immersive, personalised experience covering the full body for an extra 30-minutes.

FACIALS

45-MINUTE EXPRESS FACIAL 115.00

Includes a professional deep cleanse, and exfoliation in the form of Icelandic marine ingredients, a light exfoliation, tone and finishes with a deeply nourishing moisturising spritz and serum, including an eye elixir and natural nourishing skin oils.

60-MINUTE LUXURY FACIAL 150.00

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises skin conditioning, and gives new life to your skin, including gua-sha treatment. The facial massage sequences boost circulation.

SIGNATURE OILS

100ml body oil 24.00 30ml face oil 20.00

BALANCE

Cedarwood, sweet orange & ylang ylang

ENERGY

Bergamot, patchouli & lime

PEACE

Geranium, lavender & sandalwood

REFRESHMENTS

Freshly squeezed orange or pink grapefruit juice
cold pressed juices BEETROOT, apple, lemon & ginger
KALE, spinach, romaine, cucumber, apple & lemon
APPLE, lemon & ginger