# RETREAT

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# **Full Body Experience**

**Supreme Swedish Full Body Massage** including Arm, Face & Scalp Massage. Enjoy a whole body treatment to restore your mind, body and soul.

1 Hour 15 Minutes\* - £60

**Deluxe Swedish Full Body Massage** (excluding Face & Scalp) A Revitalising body treatment to relieve aching muscles and reduce stress.

1 Hour\* - £50

# Back, Neck & Shoulder Massages

Supreme Back, Neck & Shoulder Massage including Face, Scalp & Arm Massage. Total upper body experience.

1 Hour\* - £55

**Deluxe Back, Neck & Shoulder Massage** (excluding Face, Arms & Scalp) Concentrating solely on your back to aid healthy muscle function and relive knotted areas.

45 Minutes\* - **£**45

Express Back, Neck & Shoulder Massage 30 Minutes\* - £30

# **Head Massages**

# **Indian Head Massage**

A deeply relaxing treatment including Upper Back, Neck, Shoulders, Face and Scalp. Balances the body, relieving pressure and tension.

30 Minutes\* - £30

#### Full Body Exfoliation & Head Massage

A relaxing sugar scrub gently removes dry, flakey skin followed by an application of moisturising butter cream gently massaged onto the body. Leaving skin smooth, soft and glowing. The treatment is completed with a soothing head massage.

40 Minutes\* - £40

#### Full Body Exfoliation & Head Massage with Express Facial

This massage includes the above listed treatment, with the added bonus of an express facial included.

1 Hour\* - £55

All massages include Aromatherapy blended oils option - Muscle Ease, Relaxation or Energising can enhance the relaxation experience. Please advise on booking.





# **Enriching Dermalogica Facial**

Calming & Relaxing. Ideal for targeting fine lines and dullness. Includes; Cleanse, Tone, Exfoliation, Neck, Face & Massage, Mask, Arm & Hand Massage & Moisturise.

1 Hour\* - £50

# **Express Dermalogica Facial**

Focusing on reinvigorating the skin, stimulating the scalp & encouraging a healthy and hydrated glow. (Excludes Mask & Arm Massage.

30 Minutes\* - £30



# MASSAGE & FACIAL combinations

#### Supreme Full Body Massage & Enriching Dermalogica Facial

As one treatment we combine two of our full body experiences into an elite all over rejuvenating treatment.

1 Hour 30 Minutes\* - £85

#### Deluxe Full Body Massage & Express Dermalogica Facial

Combining the face and body into one treatment, helping to reinvigorate isolated areas. (Excludes Mask & Scalp Massage)

1 Hour 15 Minutes\* - **£**60

# Supreme Back, Neck & Shoulder Massage with Enriching Dermalogica Facial

The total upper body treatment

1 Hour 15 Minutes\* - £75

# Express Back, Neck & Shoulder Massage with Express Dermalogica Facial

Excludes Mask, Arm & Scalp Massage

45 Minutes\* - £50





# Lily Package

Ideal for the Bride to Be!

Express Back Massage - 30 Minutes\* Express Dermalogica Facial - 30 Minutes\* Deluxe Pedicure - 45 Minutes\*

+ Add a Gel Polish Supreme Pedicure for £5!

1 Hour 45 Minutes\* - £75

# **Charlie Package**

Suitable for the Manly Folk!

Express Back Massage - 30 Minutes\* Mini Dermalogica Facial - 15 Minutes\* Lower Leg & Foot Massage - 15 Minutes\*

1 Hour\* - £50



# Be Package

Suitable for Mums to Be

Pedicure - 45 Minutes\* Mini Dermalogica Facial - 15 Minutes\* Head, Neck & Shoulder Massage - 15 Minutes\*

+ Add a Gel Polish Supreme Pedicure for £5!

1 Hour 15 Minutes\* - £60



#### 3 x 15 Minute Treatments for £45 per person

Choose 3 treatments from the following

- 1. Back Massage
- 2. Head, Neck & Shoulder Massage
- 3. Lower Leg & Foot Massage
- 4. Face, Head & Arm Massage
- 5. Mini Dermalogica Facial
- 6. File & Paint Fingers
- 7. File & Paint Toes



#### Available for a minimum of 6.

1 x Treatment each. £15 per treatment.

File and Paint toes

File and Paint hands

15 Minute\* Back Massage

15 Minute\* Mini Demalogica facial

15 Minute\* Head, Neck & Shoulder Massage

15 Minute\* Lower Leg & Foot Massage

15 Minute\* Face, Head & Arm Massage





### Supreme Manicure

Hand Soak, Cuticle Work, Nail Buff, File, Hand Massage, Cuticle Oil & Gel Polish

45 Minutes\* - £35

#### **Deluxe Manicure**

Hand Soak, Cuticle Work, Hand Massage, File and Polish of your choice.

+ Add a Gel Polish for £5!

45 Minutes\* - £30

#### **Supreme Pedicure**

Foot Soak, Exfoliation, Cuticle Work, Clip/File, Foot Massage & Gel Polish

45 Minutes\* - £35

# **Deluxe Pedicure**

Foot Soak, Exfoliation, Cuticle Work, Foot Massage, File and Polish of your choice.

45 Minutes\* - £30

#### Manicure & Pedicure

Booked as one treatment only  $\mathcal{L}$ 50! +  $Add\ a\ Gel\ Polish\ for\ \mathcal{L}$ 10!



