

Mary Cohr Facials,

Beaute Aromatique Facial £40.00

Approx 1 hr.

A prescription facial to give you back that healthy glow, this hands on facial can be adapted to suit your skins individual needs.

Catio Vital Facial £55.00

• Approx 1 hr 15

An effective deep cleansing facial working into the deeper layers of the skin, helping to rehydrate and balance the skin.

Catio Lift Facial £60.00

• Approx 1hr 15

A unique lifting treatment that dramatically improves muscle tone and firmness resulting in an immediate effect .also works on the lymphatic system to reduce puffiness and dark circles.

Peel and Lift £60.00

• Approx 1 hr 15

To renew and revitalise dull, lifeless skin, designed to brighten the complexion and minimise pigmentation marks, helps to leave the skin smooth and revitalised with a fresh youthful glow.

Occasion Make-Up From £30.00

Hands & Feet

Jessica

Manicure with polish £20.00

• Approx 30 mins

Includes a file, cuticle work, & application of polish

Luxury Manicure £30.00

• Approx 45 mins

Includes a file, cuticle work, mask, mitts, massage & polish.

Pedicure with polish £28.00

• Approx 30 mins

Includes a foot soak, file, cuticle work, hard skin rasping, massage and application of polish

Luxury Pedicure £38.00

• approx 1 hr

Includes a foot soak and scrub, file, cuticle work, hard skin rasping, mask, heated booties, massage and polish.

Waxing & Tinting

Waxing is a method of semi-permanent hair removal which removes the hair from the root.

• Full leg £20.00

• Half leg £12.00

• Bikini/Brazilian £8.00/£20.00

• Underarm £7.00

• Eyebrow £7.00

• Lip/Chin £5.00

• Back/Chest £15.00

Body Treatments

Aromatherapy Massage

Ideal for rejuvenating your body during times of stress or just as a relaxing treat. Massage also relaxes the muscles easing and soothing aches and pains and relieving stress and tension. Our therapists use blended aromatherapy oils, designed to target specific problem areas as chosen by the client.

• Back, head, face £45.00

• Full body 1 hr 30 £65.00

LA Stone Therapy Massage

Bliss for the mind body and spirit, massage incorporating warm stones creating a balancing meditative experience that will leave you feeling completely relaxed.

• Back 1 hr £50.00

• Full body 1 hr 30 £70.00

Reflexology

The art of reflexology dates back to ancient Egypt, India and China.

But it wasn't till 1913 that it was introduced to the west.

Reflexology is suitable for all ages and may bring relief from a wide range of acute and chronic conditions and reduces stress. It's based on the notion that each body part is represented on the feet and that pressing on specific areas on the feet it can have therapeutic effects.

• Feet – 45mins £45.00

• Back massage & feet 1hr 30 £65.00

LAVA Shell Massage

This is a new unique and revolutionary eco- treatment using warm, smooth Tiger Clam shells which, are expertly glided over the body with varying pressures and techniques. Your therapist will be able to reach the deepest aches and pains and alleviate all stress and tension.

• Back 1 hr £55.00

• Full body 1 hr 30 £75.00

Thai Style Massage

Thai herbal oils to detoxify and alleviate muscular aches and pains.

The combination of traditional Thai compresses in conjunction with massage engenders a powerful body purifying and detoxifying treatment.

• Back 1 hr £60.00

• Full body 1 hr 30 £80.00

Bamboo Massage

Bamboo massage is a stress relief and lymph drainage massage using bamboo canes.

• Back 1 hr £55.00

• Full body 1 hr 30 £75.00

Indian Head Massage £35.00

Aims to release the stress that has accumulates in the tissues, muscles and joints of the head, face, neck and shoulders.

• approx 45 mins

Full Body Exfoliation £30.00

An all-over body treatment designed to clear away dead skin cells and refresh the skin. Finished with a nourishing and moisturising cream to keep the skin soft and supple.

• approx 40 mins

Slim / Detox Body Wrap £55.00

An effective inch loss wrap that also detoxifies improving skin texture and contour

• approx 1 hr

Hopi Ear Candles £20.00

Ear Candling, also called thermal auricular therapy is primarily used to help ease sinus congestion, relax and unwind,

• approx 30 mins

Cancellations

Missed Appointments or if less than 24 hours notice of cancellation is given will be charged at 50% of your booked appointment cost.