

hands & feet

Maintenance Manicure • 15 min

Revive those tired hands with a file, push back cuticles, nail buff and finished with an application of hand cream.

File and Polish • 15 min

Your choice of colour or French.

Luxury Manicure • 45 min

Consists of a file, cuticle work, exfoliation, hand massage finished with a hand mask and application of nail polish.

Pressure Point Hand Treatment • 30 min

Designed by our own Virgin Atlantic Spa team. Hot towel compress, body brush, hand and arm massage finished by a nail buff or cuticle oil.

Rejuvenating Hand Treatment • 30 min

The ultimate treatment for dry neglected hands. Exfoliation will brighten up your hands followed by a hydrating mask to give a smoother appearance. Whilst the mask is on your therapist will relax those tight shoulders with a soothing massage. A hand and arm massage will complete this indulgent treat.

Thai Foot Massage • 30 min

This is a great dual treatment, not only will the soothing massage and invigorating stretching techniques release tension on tired, aching feet but your whole body will feel rebalanced by the gentle application of traditional Thai wooden massage sticks to specific pressure points on your feet.

Hot Stones

Massaging with hot stones increases the blood circulation enabling your therapist to penetrate deeper into the muscles releasing and relaxing those areas of tension. Your therapist will apply oil to the area to be treated and will perform a series of linking movements using heated basalt stones to work deeper into the muscles. This technique of massaging benefits the body by helping to release toxins, improve the circulation and offers deep tissue and muscle relaxation while the massage itself will work on calming and unwinding the mind.

Hot Stone Hand and Arm Treatment • 30 min

Relaxing sore and tired muscles with a hand and arm exfoliation, massage using hot stones, nail buff or an application of cuticle oil to finish.

Hot Stone Foot and Leg • 30 min

This treatment comprises of a hot foot compress, body brushing on the legs and feet followed by a foot massage using hot stones.

Foot Maintenance • 15 min

A treat for the feet. File, cuticle work and an application of foot cream.

File and Polish Treatment • 15 min

Your choice of colour or French.