

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.

Shellac Nail Colour • 30 - 45 min

On Like Polish. Wears Like Gel. Shellac has a High Shine Mirror Finish. Zero Dry Time and Lasts for 14 days. Treatment includes a complimentary Maintenance Manicure and a Nail-Care-Carry-Off-Pack.

Rejuvenating Hand Treatment • 30 min

The ultimate treatment for neglected hands & tense shoulders. An exfoliation will brighten up your hands followed by a hydrating hand mask, to give a smoother appearance. Whilst the mask is on your therapists 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 Basalt Stones allows the therapists to work deeper into the muscles releasing and relaxing areas of tension, whilst calming and unwinding the mind. Basalt stones are made from volcanic rock and after heating will retain the warmth for the length of the hand or foot massage.

Hot Stone Hand and Arm Treatment • 30 min

A soothing massage for the hands & arm with an exfoliation followed by a massage using the hot stones and finishing with either a nail buff or cuticle oil applications.

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.



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massages

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Back Massages

All of our back massages are performed through clothes on specially designed posture chairs to ensure you are fully supported and relaxed.

Upper Back, Shoulder and Neck Massage • 15 min

Using a combination of specially designed wheat compresses to warm up the muscle followed by traditional massage techniques to further relax those tense muscles.

Back Massage • 30 min

This is a great massage for those wanting a thorough, deeper and specific massage tailored to your needs, working on the neck, shoulders and lower back. Your therapist will target those key tension zones leaving you feeling de-stressed and calm for your long (yet luxurious) journey ahead.

Scalp and Head Massage • 15 min

If you suffer from tension headaches, try this soothing head and scalp massage. You will fly away feeling calmer, clearer and revitalised.