

Body Treatments

MASSAGE

30 min / 40 min / 60 min

In each of our massages we use 'Absolute Aroma' pre blended oils specifically selected for your individual needs, with a choice of de-stress, relaxation, mobility or detox blends. Gently releasing tension, soothing aching muscles, eliminating toxins and calming the body and mind.

TOP TO TOE

90min

Our Top 2 Toe massage is 1 hour and 30 minutes of deep relaxing massage to the full body, face and scalp. Alleviating the stresses that accumulate from head to toe, whether you're seeking relief from tension, stress, or simply aiming to enhance your overall wellness this treatment will leave you feeling deeply relaxed all over.



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DESTRESS

60 mins

After cleansing the skin and gently exfoliating the face. A relaxing neck, face and scalp massage is performed using a blend of essential oils for your skin type. It is then followed by a deep tissue back massage using a blend of energising oils for a truly relaxing experience.

DESTRESS DELUXE

75 mins

This blissful 1 hour and 15 minute treatment begins with a back exfoliation, followed by a soothing massage for tired muscles. Complete with a radiance boosting Guniot prescriptive facial that combines an arm and hand massage. This special treatment will leave your skin feeling radiant and your body relaxed.



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CONDITIONING BACK TREATMENT

45 mins

Often a neglected area, this treatment provides a facial for the back. With exfoliation, massage and conditioning mask, it will soothe tired muscles and nourish the back. Ideal before that special occasion / holiday.

G5 MASSAGE TREATMENT

30 mins

This treatment is a very deep intense mechanical massage using the G5 massage machine. This has all the benefits of Swedish massage but can penetrate a lot deeper, helping to create lymph flow, boost circulation and remove toxins much faster. Used in conjunction with a healthy life style there is nothing better for the removal of stubborn cellulite. Specific areas of the body can be targeted as required by the client.



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PREGNANCY PAMPERING TREATMENT

90 mins

This relaxing treatment has been created especially for expectant mums to revitalise the face and body. One & a half hours of complete pampering, which includes a mini facial and lots of relaxing massage on lower legs and body to relieve discomfort from pregnancy. A real tonic

