

## **MASSAGE TREATMENTS**

Please allow 15mins extra time for consultation and changing time.

**Lomi Lomi Massage (Hawaiian)** – This restorative massage replicates the waves of the ocean to create a light soothing experience that will bring you a sense of peace, harmony and wellbeing, leaving you relaxed and rejuvenated. A warm blend of coconut oil is applied with long deep flowing strokes to treat both mind and body as a whole. Using our signature blend of Sandalwood, Tuberose, bergamot, ylang ylang, nutmeg and tangerine oil.

*Perfect...* if you are stressed and want to forget your worries and cares.

**Revitalizing Massage (Swedish)** – A deep tissue massage that eases muscle tension and improves circulation and flexibility. aids recovery in athletes before and after training. Using our signature blend of Wintergreen, eucalyptus, peppermint, Thyme, clove and vertiver oils.

*Perfect...* for anyone suffering with aches & pains.

**Thai Yoga Massage (Thailand)** – This deep energizing treatment combines acupressure, reflexology and will stretch you into yoga positions to help deliver oxygen to your muscles and restore your balance. The therapist will use hands, feet, knees and elbows to apply pressure to important points on the energy lines to release blockages. Using our signature blend of Lemongrass, eucalyptus, jasmine, and ginger.

*Perfect...* for yoga junkies as well as non-flexible folks who want to loosen up.

**Nurturing Pregnancy Massage** – This is a soothing, nurturing and effective tailored massage which helps relieve the pressures of pregnancy on the body. Whether it's the hips, shoulders, back or swollen legs & feet. Get the relief you need to keep going. A nourishing blend of sweet almond, omega and vitamin E oil is used to keep skin soft, supple and prevent stretch marks.

*Perfect...* for babies that want their mom to be comfortable and happy.

*Perfect...* for mother's-to-be who can focus purely on this precious bonding experience. Recommended after the first trimester until birth.

**Nixka Massage** - Using a set of different techniques from around the world, including Thai yoga, Hawaiian, Swedish, and Chua K'a. Chua K'a also described as "cleaning the bones" is used for cleansing for the mind and emotions. Nixka offers a massage that is not available anywhere else in the UK. Your therapist listens to your body's specific needs, finds the problem areas instantly, and delivers exactly what you need to bring relief. Using our signature blend of Lemon, frankincense, sandalwood and clary sage.

*Perfect...* for someone who wants something different you can't get anywhere else.

60mins £70  
90mins £110

## **RITUALS TREATMENTS**

Most spas will just tell you to get undressed, get started, and kick you out when you're done. But this is not an authentic or helpful experience for you. In fact, an abrupt ending can undo all the progress of your treatment. That is why we've created our unique Ritual Treatments. We'll help you ease in and out of your treatment so that you can immerse yourself into the full experience, get the full benefit, and gently return back to life feeling fresh and rejuvenated. All rituals will begin with a rose blossom foot bath, while your therapist will carry out a consultation.

**Complete Stress Release Ritual:** Is a treatment which Combines a 30min Lomi Lomi back massage using our signature Hawaiian oil blend, reflexology foot massage a reviving turmeric scrub on the back and feet. Warm soothing compresses are used to aid relaxation and remove scrub. This calming ritual is completed with work on your scalp and face.

1hr 45mins  
£125

**Nixka Ritual:** Our Nixka Ritual Signature treatment combines a 90 min Nixka massage using our signature blend of oil. This is then followed by a Dermalogica pro skin treatment which including the powerful Japanese rejuvenating face lift massage.

2hrs 45mins  
£170

### **Ultimate Body Care Ritual:**

Full body polish using our home made sugar and turmeric scrub to revive your skin by bringing out its natural glow. Then followed by a 60min Thai yoga massage using our signature Thai oil blend. This energizing and revitalizing experience is finished off with a Dermalogica pro skin treatment that will include the powerful Japanese rejuvenating face lift massage.

3hours  
£190

## **EXPRESS TREATMENTS**

Choose from:

- Thai reflexology foot Massage
- Indian shoulder and scalp Massage
- Back Massage

30min

£40

## **FACIALS**

### **Dermalogica Pro Skin**

This skin treatment is personalized to address your skin concerns using advanced products and techniques. The skin is gently steamed while cleansed and exfoliated, and extractions are performed if necessary. A powerful Japanese rejuvenating face lift massage will improve muscle tone, lymphatic areas are drained and a suitable mask is applied. The treatment continues with a soothing hand and arm massage using our own blend of nourishing oils. The skin is left revitalized, refreshed and with a healthy glow.

60mins

£75

### **Starter Skin Treatment For Teens**

Facial treatment that helps prevent and remove acne, blackheads, congestion and more.

30mins

£40

## **WAXING HAIR REMOVAL:**

Strip wax is used for legs and arms and hot wax for all the other delicate areas of the body. The hot wax contains chamomile and rose and is perfect for people with sensitive skin.

Full Leg & Basic Bikini £48

Full Leg & high Bikini £58

Full Leg & Hollywood/ Brazilian £74

Half Lower Leg & Basic Bikini £38

Half Lower Leg & High Bikini £48

Half Lower Leg & Hollywood/Brazilian £64

Half Lower leg £23

Half Upper Leg £27

Half Upper Leg & Basic Bikini £40

Half Upper Leg & High Bikini £50

Half Upper Leg & Hollywood/Brazilian £68

Full Leg £33

Basic Bikini £18

High Bikini £28

Hollywood/ Brazilian £44

Under Arm £18

Full Arm £29

Half Arm £21

Lip £12

Chin £12

Eyebrow Tidy £15

Eyebrow Tint £15  
Eyelash Tint £20  
Eyelash Tint and Eyebrow Tint £30  
Eyebrow Tidy and Eyebrow Tint £25  
Eyelash Perm (includes eyelash tint) £65

**MEN'S WAXING:**

Back and shoulders £36  
Chest £36