

FACIALS FOR MEN

ADVANCED ANTI-AGEING FACIALS FOR MEN

**ELEMIS MEN'S HIGH PERFORMANCE SKIN
ENERGISER** **60 minutes** **£65.00**

Energises stressed, dehydrated skin with targeted circulation boosting massage to revitalise & nourish.

MURAD MAN FACE TREATMENT **60 minutes** **£70.00**

Specifically designed for men, this treatment immediately soothes, deeply cleans clogged pores, gently removes dullness and hydrates.

This treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects or frequent shaving and environmental pollution, giving the ultimate skin overhaul with maximum anti-ageing results.

Recommended: 1 treatment every 4 weeks - course of 6

MASSAGE AND BODY THERAPY

FACE & BODY COMBINATIONS **120 minutes** **£110.00**

ELEMIS COUTURE TOUCH

Condition your skin and muscles with this all-embracing experience. Combine any 60 minute Elemis facial with your personalised 60 minute Freestyle Deep Tissue Massage.

ELEMIS FACE & BODY SENSATION **75 minutes** **£75.00**

Cleansing mineral salts, oil blends rich in actives and aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

ELEMIS INTENSELY CLEANSING SALT SCRUB - LIME & GINGER

OR FRANGIPANI

45 minutes **£45.00**

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Includes facial cleanse & exfoliation.

**ELEMIS BODY NECTAR NOURISHING WRAP - SWEET ORCHID OR
FRANGIPANI**

45 minutes **£42.00**

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

MASSAGE AND BODY THERAPY

CELLUTOX AROMA SPA OCEAN WRAP 90 minutes £65.00

A deeply detoxifying blend to decongest and stimulate the system.

Whilst cocooned in a comforting foil wrap you are treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and Marine Algae, this therapy helps refine the appearance of cellulite and and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

Recommended: 2 treatments per week

MUSCLEASE AROMA SPA OCEAN WRAP 90 minutes £65.00

Powerful seaweed wrap for complete muscle relaxation.

You will be cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Using a warming blend of Essential Oils, this specialised treatment helps ease aching, tense muscles.

Recommended: 2 treatments per week

Please note: The Ocean Spa Wraps are not suitable if you are pregnant, suffering from epilepsy, high blood pressure or have a thyroid imbalance.

CACI ELECTRO CELLULITE MASSAGE (ECM) 40 minutes £40.00

The CACI Electro Cellulite Massage (ECM) treatment will help treat areas of stubborn cellulite, soothe aching tired muscles, stimulate circulation & aid lymphatic drainage & lift, firm, tone and contour.

A course of 10 treatments is recommended initially with a maintenance treatment once a month. When you book and pay for a course of 10 treatments, you only pay for 9! Payment in full on your first instalment.

PREGNANCY

These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich experience of each trimester.

ELEMIS PEACEFUL PREGNANCY MASSAGE 90 minutes £75.00

An intuitive and relaxing massage helps to ease aches, release tension and hydrate skin that is expanding to accommodate a growing baby. This treatment includes pressure point facial massage and an energising foot massage.

MASSAGE AND BODY THERAPY

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

Your therapist will select aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension and your personal needs will be targeted.

30 minutes	£30.00
60 minutes	£55.00
90 minutes	£70.00

AROMATHERAPY

An ancient natural massage technique using essential plant oils to help with alleviating stress, muscular tension and many other conditions. Aromatherapy treats the mind, body and soul - and your therapist will blend oils to suit your individual needs.

Full Body	75 minutes	£55.00
Back & Neck Massage	40 minutes	£32.00

SWEDISH MASSAGE

A stimulating massage designed to relieve stress and muscle tension leaving you relaxed with a restored sense of wellbeing.

Full Body	60 minutes	£48.00
Back & Neck	30 minutes	£28.00
Shoulder & Scalp Massage	30 minutes	£28.00

This treatment will relieve muscle tension, eyestrain & headaches. With the use of aromatic oils, pressure points & scalp massage you will feel revived & uplifted.

BAMBOO MASSAGE

Gently warmed bamboo canes are used to give a deep massage, helping to alleviate tension and tight knotted muscles. This Asian technique helps to detoxify & aid lymphatic drainage making it a good anti-cellulite treatment. This treatment will be tailored to target your areas of concern, leaving you feeling relaxed and reenergised.

Full Body	75 minutes	£62.00
Back & Neck	30 minutes	£35.00
Legs	30 minutes	£35.00

REFLEXOLOGY MASSAGE

Have feet massaged to relieve stress and anxiety & create a sense of wellbeing with this ancient technique

45 minutes	£35.00
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SOS BACK CLEANSE

An exclusive Touch of Glamour treatment using Murad products to help deeply cleanse and decongest the back whilst helping to moisturise & rehydrate with a soothing massage & treatment mask.

60 minutes	£60.00
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