



THE WELLNESS CENTRE

TREATMENT MENU

EXPRESS FACE & SCALP CARE

THE POWER BREAKFAST FACIAL

30 minute treatment - £45

Looking for results, like now? This revitalising facial includes a deep power cleanse, nutritious day mask, and lymph drainage techniques for rapid turnaround, topped off with your choice of steam or a wake-up scalp massage. Quick, go!

MINI CLEANSE AND BOOST

15 minute treatment - £25

This Mini facial includes a deep cleanse with serum application to boost and refresh the skin. All finished with a prescribed day and eye cream, leaving you looking and feeling beautiful.

HOT OIL SCALP MASSAGE

15 minute treatment - £25

A truly relaxing experience, we have developed a unique scalp massage incorporating pressure point techniques to the scalp and ears and tension releasing movements that will place you into a state of pure bliss.

BODY MASSAGES & HOLISTIC THERAPIES

WORK IT OUT MASSAGE

- DEEP MUSCLE MASSAGE

30 minute treatment - £49 | 60 minute treatment - £90 (full body)

A detoxifying deep-tissue massage designed to ease fluid retention and target tight muscles. Starts with body brushing to boost circulation and lymph drainage, followed by intense muscle-fitness techniques using Juniper, Lavender, and Cypress oils to release stubborn knots.

SENSORY MASSAGE

30 minute treatment - £45 | 60 minute treatment - £84 (full body)

A warming, relaxing treatment. Your therapist will slowly drip essential oils along your spine and backs of the legs before performing a relaxing massage and applying warm compresses. This massage is particularly appropriate if you suffer from backache.





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BODY MASSAGES & HOLISTIC THERAPIES

DRIFT AWAY RELAXING MASSAGE

30 minute treatment - **£45** | 60 minute treatment - **£84 (full body)**

A deeply relaxing top-to-toe massage using Mediterranean essential oils like Frankincense, Lavender, and Patchouli. Designed to soothe frazzled nerves, quiet an active mind, and melt away everyday stress.

RAINDROP MASSAGE

30 minute treatment - **£45** | 60 minute treatment - **£84**

A warming, relaxing treatment using warm essential oils dripped along the spine and legs, combined with soothing massage techniques and warm compresses. Ideal for relieving backache and deep tension.

LEG & FOOT TREATMENT

30 minute treatment - **£42**

A quick, refreshing treatment using essential oil and a draining massage to boost blood flow and revive tired lower legs.

BACK, BODY, LEG & FOOT REVITALISERS

I'LL BE BACK - A FACIAL FOR THE BACK

30 minute treatment - **£49**

An invigorating back treatment featuring an exfoliation scrub, a deep cleanse with warm purifying mud, and a stimulating massage to leave skin smooth and clear.

THE OUTER GLOW - BODY EXFOLIATION

30 minute treatment - **£42**

An all-over invigorating exfoliation that leaves skin soft, revitalised, and deeply hydrated—ideal before a holiday or special event.

AAAHHH! LEG & FOOT ENERGISER

30 minute treatment - **£42**

Instant relief for tired legs and feet, starting with skin brushing to flush excess fluids, followed by a warm oil massage and foot rub.

