

## BODY TREATMENTS

### RELAX with ESPA

*Relax your body and mind and let the stresses melt away...*

#### ESPA LUXURY HOLISTIC BACK, FACE & SCALP TREATMENT

A truly holistic experience combining a deep cleansing back exfoliation with a powerful back massage using essential oils to soothe, relax & balance. This is followed by an ESPA Intensive Facial tailored to your individual needs and finishes with a therapeutic head massage to help clear the mind, calm the spirit & ease tension.

- 90mins 80

#### ESPA RITUAL

This treatment combines a wrap and full body massage to restore equilibrium, peace of mind and bring deep relaxation to body and spirit. Following body exfoliation an Algae or Marine wrap is applied and the scalp gently massaged. Once you have taken a refreshing shower, you have a full body massage with a bespoke oil leaving you with a sense of wellbeing and relaxation.

- 120 mins 100

#### ESPA BODY WRAPS

This is a tailor made experience designed to comfortably raise the temperature and induce perspiration to help eliminate toxins and increase the effects and absorption of the wrap. Following skin brushing and exfoliation a body wrap using detoxifying Algae or Marine Mud is applied to meet your specific needs. The treatment ends with a calming scalp massage during the envelopment for ultimate relaxation.

- 60 mins 67

#### ESPA LIFE SAVING BACK TREATMENT

A stress relieving back treatment with deep cleansing, body brushing and exfoliation to help stimulate cell renewal followed by luxurious Aromatherapy massage.

- 40 mins 47

#### ESPA SALT & OIL SCRUB

This exceptional skin softening body exfoliation combines Sea Salts and nourishing Essential Oils to leave your skin moisturised, soft and smooth.

- 30 mins 37

#### ESPA AROMATHERAPY BODY MASSAGE

A full body massage using bespoke Essential Oils to leave you feeling relaxed & energised.

- 55 mins 55

## INDULGE with GUINOT

*Indulge in classic French body treatments to ease body and mind*

#### GUINOT AROMATIC BODY CONTOURING TREATMENT

*'The Firming Treatment'*

This body sculpting treatment uses an anti-cellulite sculpting massage with Essential Oils and a clay mask to leave the skin feeling firm & soft. The clay and Green Tea Saunamasque drains excess water from the body leaving the silhouette refined with reduced signs of cellulite.

- 75 mins 76

#### GUINOT TECHNI SLIMMING/FIRMING BODY WRAP

*'The Ultimate Manual Slimming Treatment'*

Firms contours and reduces cellulite.

- 60 mins 65

- Recommended Course of 6, 2 per week

#### GUINOT AROMATIC BODY SOFTENING

*'The Relaxation Treatment'*

This complete body exfoliation with a sugar-kiwi scrub is followed by a relaxing massage with energising essential oils, designed to thoroughly soften and relax the entire body.

- 60 mins 71

#### GUINOT AROMATIC BODY POLISH

*'The Exfoliating Treatment'*

Achieve a firm silky smooth skin with this complete body exfoliation which helps to eliminate dry, flaky skin, refining the skin's texture. The exfoliation is followed by a body moisturiser leaving the skin soothed and refreshed.

- 30 mins 37

## CONCEPTS MASSAGES

*Float away with a Concepts massage experience.*

Full Body Massage - 50mins 50

Back, Neck and Shoulder - 25mins 29

#### Hot Lava Shell Massage

This is the ultimate calming and warming deep tissue massage to ease away all muscle tension. It offers the benefits of hot stone massage but with added benefit of being eco-friendly using 100% natural Tiger Clam Shells.

- Full Body - 60mins 61

- Back, Neck and Shoulder - 25mins 33

#### Hot Stone Massage

This treatment uses warm Basalt Stones to encourage the body to detox & heal. The heat relaxes the muscles enabling deep working of the tissues resulting in an increased sense of relaxation and calm.

- Full Body - 60mins 61

- Back, Neck & Shoulder - 25mins 33

#### Hopi Ear Candle

Calms and Soothes, aids congested sinuses, colds, headaches & stress - 40mins 37

#### Indian Head Massage

This healing massage releases stress that has accumulated in the tissues, muscles and joints of the head, face, neck & shoulders.

- 25mins 32