



## Massage Treatments:

	<i>30 Min</i>	<i>1 Hour</i>	<i>90 Min</i>
<i>Hot stone therapy</i> <small>Warm volcanic stones soothe body along with organic aromatherapy oil</small>		£40	
<i>Spiritual "Close Your Eyes" Massage</i> <small>Calms mind with Egyptian Geranium</small>	£25	£40	£55
<i>Spiritual "Instinctual" Massage</i> <small>Energizes and Warms Body with Indonesian Ginger</small>	£25	£40	£55
<i>Spiritual "Look Inside" Massage</i> <small>Rejuvenating and Healing with Indian Frankincense</small>	£25	£40	£55
<i>Spiritual " Infinitely Loving" Massage</i> <small>Settles Mind and Nurtures with Chinese Jasmine</small>	£25	£40	£55
<i>Relaxing Massage with Organic Warm Coconut Oil</i> <small>Swedish/Deep Tissue</small>	£25	£40	£55
<i>Acupressure Head neck and shoulders</i>	£25		
<i>Acupressure Back neck shoulders</i>	£25		
<i>Foot and Leg Massage with Thai herbal Balm</i>	£25		

## Facials:

<i>Get Fresh facial for Dry/Mature skin</i> <small>hydrate skin with Balm Mint and Aloe Vera</small>	£25	£40
<i>Just Glow facial for Sensitive skin</i> <small>Calms skin with Pomegranate and Mulberry</small>	£25	£40
<i>Cool Zen facial for oily/combo skin</i> <small>re balance skin with Mallow and Cucumber</small>	£25	£40

## Pedicures:

<i>Express (40 min)</i> <small>Feet are soaked nails cut and choice of Spirituall vegan eco nail</small>	£25	
<i>Spirituals (1Hour 15min)</i> <small>Feet are soaked and rubbed with luxury exfoliate, then nails are trimmed shaped and cuticles tidied. Spirituall polish is applied and then feet are treated to a beautiful massage.</small>		£40