

## *Aromatherapy Massage*

A holistic healing treatment using aromatic essential oils to enhance physical and emotional health.

### Benefits:

- Helps manage pain
- Eases digestion
- Boosts relaxation
- Relieves stress or tension

30 minutes: £50

50 minutes: £90

## *Beauty Prices*

### *Nails*

Gel Manicure	£30
Luxury Manicure	£40
Gel Pedicure	£32
Mani/ Pedi	£58
Removal	£10

### *Waxing*

Underarms	£12
Eyebrows	£10

### *Eyes*

Eyelash Tint	£18
Eyebrow	£10
Eyelash Tint/ Brow Tint + Wax	£31.50
Brow Tint + Wax	£16



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## *Spa Treatment List*

To book a treatment call us  
on 0141 886 5555 (option 4).

## Reflexology

A type of massage that involves applying different amounts of pressure to the feet. It's based on a theory that these body parts are connected to certain organs and body systems.

### Benefits:

- Eases stress, anxiety and depression
- Improves sleep
- Boosts feelings of relaxation
- Relieves discomfort from pregnancy and menstruation

30 minutes: £35

50 minutes: £65

## Swedish Massage

(Back, Neck & Shoulders)

A relatively gentle massage form focused on the body's superficial layers.

### Benefits:

- Loosening tight muscles and stretching connective tissues
- Relieving cramps and muscle spasms/decreasing muscle fatigue
- Improving range of motion
- Improves circulation

30 minutes: £50

60 minutes: £85

## Body Scrub

A body exfoliation removing dead skin cells from the skin surface, leaving skin feeling smooth and rejuvenated.

### Benefits:

- Improved circulation
- Soft supple skin
- Allows skin to absorb moisture better
- Unclogs pores and prevents in-grown hairs

30 minutes: £50

60 minutes: £90

## Bamboo Massage

Indulge in the exquisite serenity of our bamboo massage, where ancient healing meets modern relaxation. This unique therapy harnesses the power of natural bamboo tools to provide a deeply rejuvenating experience for both body and mind.

### Benefits:

- Muscle relaxation
- Improved circulation
- Facilitates the removal of excess fluids and toxins
- Improved joint mobility

30 minutes: £50

50 minutes: £90

## Hot Stone Massage

Used to help relax and ease tense muscles and damaged soft tissues throughout the body. During a hot stone massage, smooth, flat, heated stones are placed on specific parts of the body. The stones are usually made of basalt; a type of volcanic rock that retains heat.

### Benefits:

- Helps relieve muscle tension and pain
- Reduces stress and anxiety
- Promotes sleep
- Boosts immunity

30 minutes: £50

60 minutes: £90

## Oncology Massage

A client-specific, customised massage designed to meet the unique and changing needs of each individual patient. Requires prior consultation.

Benefits determined by individual requirements.

30 minutes: £35

60 minutes: £65

Pregnancy Massages also available after the 12th week of pregnancy.

30 minutes: £45

60 minutes: £85

## Indian Head Massage

A relaxing holistic treatment that uses acupressure and other massage techniques on the head, face, neck and shoulders.

### Benefits:

- Relieves migraines
- Promotes hair growth
- Helps insomnia and fatigue
- Relieves anxiety and depression

30 minutes: £45

50 minutes: £75

## Facial

A skin treatment that cleanses pores, exfoliates dead skin cells, massages, hydrates and moisturises the skin, and treats common skin concerns with a custom regime.

### Benefits:

- Rejuvenation of the skin and face
- Reduces pigmentation
- Tones the skin
- Removes excess dirt

30 minutes: £50

60 minutes: £90

## Deep Tissue Massage

(Back, Neck & Shoulders)

A deep tissue massage is the systematic manipulation of soft tissue with the hands.

### Benefits:

- Promotes healing/rehabilitation of muscles
- Reduces stress
- Enhances muscle relaxation
- Improves local circulation

30 minutes: £55

60 minutes: £95