

# Body Treatments

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## **Back Massage**

**£26.00**

A soothing shoulder, neck and back massage to relieve the stress and tension of everyday life.

## **Full Body Massage**

**£40.00**

A relaxing full body massage which helps any muscular aches and pains.

## **Life-Saving Back Massage**

**£40.00**

This luxurious treatment involves body brushing, deep cleansing and exfoliation, followed by a tension relieving back massage. The treatment is finished with a warm marine mud mask - a 'facial' for the back.

## **Oriental Scalp Massage**

**£16.00**

Deep massage to the neck and shoulders, followed by a scalp massage. Excellent for relieving tension.

## **Body Polish or Salt & Oil Scrub**

**£18.00**

Ideal as a boost before a holiday to remove dead skin cells. Leaves skin brighter and fresher.

\*A full body massage can be added to any of the wrap treatments below for an additional £30.00

# Hot Stone Therapy

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The ancient technique of using hot lava stones with a body massage harmonises, cleanses and relaxes the body at its deepest level.

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| <b>Back Massage</b>                    | <b>£30.00</b> |
| <b>Full Body Massage</b>               | <b>£44.00</b> |
| <b>Holistic Back, Face &amp; Scalp</b> | <b>£65.00</b> |

## Wraps

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All our wrap treatments include skin brushing (excellent for lymphatic drainage), exfoliation and an application of either algae or marine mud. Once wrapped, the Oriental Scalp massage is carried out.

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| <b>Detoxifying Algae Wrap</b> | <b>£50.00</b> |
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Excellent for detoxifying the body. Suitable for all skin types.

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| <b>Restorative Mud Wrap</b> | <b>£50.00</b> |
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The body is wrapped in marine mud - great for problematic skin, and for aches and pains.

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| <b>Deeply Nourishing Body Wrap</b> | <b>£50.00</b> |
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Excellent for dry, dehydrated skin. Using nourishing oils, marine mud and a deeply hydrating body cream.