

Please choose one of the following 90-minute treatments...

### Thermal Back Pamper with Scalp & Foot Massage

Our back treatment offers the ultimate relaxation which helps to target congestion, oiliness and tension. Skin is deeply cleansed and exfoliated then followed by the application of a hot aromatic compress to help relax the muscles. Followed by a massage to the back, neck, shoulders, feet and scalp.

### Full Body Massage & Facial

A deeply relaxing massage to help alleviate muscular tension, aches and pains. Followed by a luxurious aromatic facial targeting specific individual needs of your skin, actively working to renew, refresh and relax whilst indulging the senses.

### Coconut Cocoon & Foot Ritual

The ultimate body treatment to comfort and deeply nourish the skin. Your body will be cocooned in warm coconut oil to nourish and hydrate, offering pure indulgence to the body & face. Followed by a foot ritual to revive achy feet and lower legs with a refreshing exfoliating treatment, nourishing mask, heated boots and soothing massage techniques.

### Top-to-Toe Glow

Tone, firm and refine the skin with the aromatic Salt & Oil body scrub. A detoxifying combination of massage oil and salts creates an intense scrub to deeply cleanse, nourish and buff away dead skin cells leaving your skin smooth and hydrated. This is followed by a brightening facial to leave you glowing!

### Gel Manicure & Pedicure

Your therapist will shape your nails, tidy your cuticles and apply a beautiful colour. Our gel polish gives a durable shine and dries immediately. It is gentle on your nails and lasts for up to two weeks chip-free!

**WATER SPA DAY**

