



**therapy**  
ALISON STEWART

An excellent skin resurfacing and exfoliating treatment for ageing skin, lines, wrinkles, open pores, blackheads, pigmentation, blemish scars, acne scars, stretch marks and much much more...

Regular treatments result in a firmer and more rejuvenated skin. The gentle vacuum action achieves an immediate lifting effect on tired muscles, just like a 'workout' for the face!

Visible results are evident even after the very first treatment however, for more problematic skin concerns a course of treatments may be recommended.

30min BRIGHT EYES TREATMENT £25.00  
Concentrating on the eye area only.  
A quick fix for tired, puffy eyes.

30min FACIAL TREATMENT £30.00  
Microdermabrasion and Vacuum Lift no mask.

40min FACIAL TREATMENT £40.00  
Microdermabrasion and Vacuum Lift includes Mini Lift Mask for a deep cleansing, hydrating and lifting effect.

75min DELUXE CRYSTAL CLEAR FACIAL TREATMENT £60.00  
Microdermabrasion and Vacuum Lift followed by Eye Contour Pads for the ultimate facial treatment. Leaves you feeling pampered and revitalised.

SINGLE TREATMENT £40.00

COURSE OF 6 TREATMENTS £220.00

COURSE OF 10 TREATMENTS £360.00

All appointments are inclusive of consultation and dress times

crystal clear microdermabrasion

EXPRESS FACIAL 30mins £20.00  
Suitable for all skin types. A great lunchtime treat!

TEENAGE FACIAL 30mins £20.00  
An introduction to facials and your skin types.

DEEP CLEANSING FACIAL 60mins £32.00  
Best suited to oily, congested skin types. Will help bring your oily skin under control while targeting breakouts and prevent future activity.

MULTI VITAMIN FACIAL 60mins £35.00  
Suitable for dry, sun damaged or mature skin. Will help slough away dead skin cells leaving a glowing complexion.

PRESCRIPTION FACIAL 60mins £32.00  
Suitable for all skin types.  
This is a recommended first treatment, allowing your therapist to fully assess your skin type and concerns.

SKIN BRIGHTENING FACIAL 60mins £32.00  
For dull & tired skin. Also helps treat areas of pigmentation.

ENVIRONMENTAL CONTROL FACIAL 60mins £32.00  
Healing and protection for skin aggravated by environmental influences. Helps guard against future inflammation whilst soothing.

NATURASUN SPRAY TAN 30mins £20.00  
Affordable luxury; look gorgeous and feel great, one of life's pleasures you shouldn't do without.

MINERAL SALT BODY SCRUB 45mins £25.00  
Smooth away dull skin while restoring vital nutrients to tired skin. An exfoliating scrub mixed with essential oils to soothe the skin, relax muscles and soothe the senses.

ENZYMATIC SEA MUD WRAP 45mins £30.00  
Detoxify, exfoliate and nourish your body with a purifying sea-weed and mineral mud poltice, sealed in a warm relaxing wrap.  
This treatment will leave your skin smooth & supple.

THE ULTIMATE BODY TREAT 90mins £50.00  
This revitalising, energising body treatment starts with a full body exfoliation, followed by a relaxing massage and sea-weed mud wrap to hydrate and detoxify the skin. It is finished off with a relaxing scalp massage.

AROMATHERAPY MASSAGE £30.00

SWEDISH MASSAGE 30mins £18.00  
Back/ Neck/ Shoulders

SWEDISH MASSAGE 60mins £30.00  
Full Body

PICK & MIX PACKAGES  
Whether you are on holiday countdown, preparing yourself for that special day or just feel like treating yourself, our extensive menu gives you the freedom to choose your own pick & mix package.  
Any 3 or more entitles you to a 10% discount.

All appointments are inclusive of consultation and dress times

face & body

ROSIE GRANT : COMPLIMENTARY THERAPIES

FULL BODY MASSAGE £30.00  
Treatment lasts 60mins

REMEDIAL MASSAGE £23.00  
Treatment lasts 45mins

REMEDIAL MASSAGE £18.00  
Treatment lasts 30mins

ANDREW & ANNE MCKAY : COMPLIMENTARY THERAPIES

CLINICAL REFLEXOLOGY £25.00  
Treatment lasts approx 60mins

INDIAN HEAD MASSAGE £20.00  
Treatment lasts approx 45mins

HOPi EAR CANDLES £25.00  
(Thermo-Auricular® Therapy)  
Treatment lasts approx 45mins  
Includes cost of candles and facial massage.

REIKI £25.00  
Treatment lasts approx 60mins

REIKI TRAINING  
Please ask for details

AURA-SOMA® £30.00  
Treatment lasts approx 60mins.  
Includes consultation and chosen 25ml bottle.

BOWEN TECHNIQUE  
Please ask for details

BIO-ENERGISER DETOX SPA £15.00

All appointments are inclusive of consultation and dress times

complimentary therapies

EYE BROW RESHAPE £10.00

EYE BROW WAX £8.00

EYE BROW TINT £6.00

EYE BROW TINT WITH RESHAPE £15.00

EYE LASH TINT £10.00

EYE LASH TINT WITH RESHAPE £15.00

FILE & POLISH 20mins £12.00

CUSTOM MANICURE 40mins £22.00  
Includes hand scrub, cuticle soak and tidy.  
Nails are shaped and buffed to a shine and finished with a polish of your choice.

LUXURY JESSICA MANICURE 60mins £28.00  
Includes hand exfoliation to remove surface dead skin, cuticle soak and tidy. Nails shaped and buffed to a shine, moisturised with luxurious softening mask and heated mitts to leave your hands feeling silky soft.

CUSTOM PEDICURE 50mins £22.00  
Includes a foot soak and scrub to remove surface dead skin, cuticle soak and tidy. Nails shaped and buffed to a shine, finished with a polish of your choice.

DELUXE ZEN SPA PEDICURE 75mins £30.00  
An ultimate treat for your feet. This includes a foot soak and scrub, cuticle soak and tidy.  
Nails shaped and buffed to a shine, hard skin is removed before a heated mask is applied to seal in true softness. Your feet will love this treat!

ADDITIONAL FRENCH POLISH SUPPLEMENT £5.00

PICK & MIX PACKAGES  
Whether you are on holiday countdown, preparing yourself for that special day or just feel like treating yourself, our extensive menu gives you the freedom to choose your own pick & mix package.  
Any 3 or more entitles you to a 10% discount.

All appointments are inclusive of consultation and dress times

eyes, hands and feet

EYE BROW WAX £8.00

FULL LEG £18.00

HALF LEG £13.00

FULL LEG & BIKINI £25.00

BIKINI from £10.00

ARM £11.00

UNDERARM £6.50

BACK / CHEST £15.00

CHIN £4.00

LIP £5.00

LIP & CHIN £8.00

PICK & MIX PACKAGES  
Whether you are on holiday countdown, preparing yourself for that special day or just feel like treating yourself, our extensive menu gives you the freedom to choose your own pick & mix package.  
Any 3 or more entitles you to a 10% discount.

All appointments are inclusive of consultation and dress times

waxing