



SIGNATURE TREATMENTS

CELTIC DREAM 80 MINUTES £135

An all-encompassing full body ritual, created to release tensions, soothe and revive mind and body. Begin your experience with our ocean wrap, featuring a full body exfoliation to increase circulation and a gentle application of mineral-rich marine mud for intense hydration. A muscle releasing back massage with warming hot stones then melts away tension and inspires deep relaxation. Conclude your experience with a smoothing express facial, enriched with the deeply nourishing and renewing powers of Irish moss and seaweed. A truly blissful treatment, inspired by Ireland.

Includes: Ocean wrap, hot stone back massage and Irish moss facial





BAMBOO JOINT RELEASE EXPERIENCE

80 MINUTES (MASSAGE ONLY)
£135 OR 110 MINUTES £175

A full body treatment using bamboo to massage, assist in stretching, joint mobility and improve flexibility. Ideal for anyone in need of deep tension release and those who exercise regularly. This fast paced, free flowing and energetic treatment is perfect for slowing busy minds, stretching and elongating tight muscles, whilst helping to soothe and reduce tension.

Includes: Foot ritual, body exfoliation, facial cleanse, full body joint release incorporating stretching joint rotations followed by full body massage using essential oils and bamboo and scalp massage

PURIFYING POULTICE RITUAL

110 MINUTES £135

The poultice treatment is designed to give a revitalising and cleansing effect to the mind and body, achieved by the use of stimulating exfoliation and warm herbal poultices. This gives heat to muscles and joints at the same time increasing circulation and is followed by a purifying and rebalancing massage. Then a warm, soothing compress infused with traditional Thai herbs is applied. This creates an overall feeling of wellbeing.

Includes: Foot ritual, body exfoliation and herbal poultice massage

