

## HOLISTICS

<b>specialist massage</b> incl. deep tissue or sports massage [ 60 mins ]	£50
<b>full body massage</b> incl. back, neck, shoulders, legs, arms, scalp [ 60 mins ]	£45
<b>back, neck &amp; shoulder massage</b> incl. back, neck, shoulders [ 30 mins ]	£25
<b>indian head massage</b> incl. scalp massage with back, neck, shoulders [ 40 mins ]	£35
<b>hopi ear candles</b> can relieve pressure causing headaches and can ease sinus issues [ 40 mins ]	£25
<b>reflexology</b> intense foot massage to relieve a number of medical conditions/detoxify [ 45 mins ]	£40

## BODY

<b>skin peel</b> uses salicylic & glycolic acids to remove dead skin cells and detoxify [ 45 mins ]	£35
<b>deluxe spray tan</b> incl. full body exfoliation, full body spray tan	£30
<b>spray tan</b> half body	£14
<b>spray tan</b> full body	£22

## FACE

<b>facial</b> incl. double cleanse, exfoliate, massage, bespoke mask, eye mask, moisturise [ 45 mins ]	£40
<b>express facial</b> incl. double cleanse, exfoliate, mask, moisturise [ 30 mins ]	£20
<b>make up</b>	£30 - 35
<b>bridal make up</b>	p.o.c