

# **BEAUTY**

**Certified organic skincare products are used in all treatments**

*With each beauty treatment you are fully nurtured with an introductory sensory journey, hot aromatic compresses, restorative pressure point therapy and a Balinese palming ritual.*

## **Face**

### **Relaxing Facial**

**1 hour**

Restore, rebalance and hydrate your skin with a personalised facial powered by organic essential oils and plant extracts. Starting with a deep cleanse and exfoliation to release any impurities. Then, while an intensive nourishing masque refines your skin, enjoy a neck, shoulder and décolletage massage. Bliss out with an exquisite facial massage using a skin perfecting facial oil. Finish with conditioners, moisturisers, lip and eye balms and a relaxing scalp massage.

### **Renewal Facial**

**1 hour**

Your whole body is stimulated through the reflex points in the soles of your feet. An aromatic foot bath, exfoliation and then massage of your feet will enliven your senses. Relax with a facial treatment including a hydrating masque and a neck, shoulder, décolletage, arm and hand massage. Finish with conditioners, moisturisers, balms and soothing scalp massage.

### **Purifying Clay Facial**

**1.5 hours**

This powerful treatment helps absorb excess sebum and helps regulate and balance your skin. Begin with a sage footbath, lower leg massage and reflexology. A double deep cleanse and exfoliation will remove impurities. Then a calming clay masque to refine pores is applied. Relax with a neck, shoulder and décolletage massage and a luxurious facial massage. An additional nourishing masque will leave your skin feeling calm and soft. Finish with moisturisers, balms, a purifying serum and a relaxing scalp massage.

### **Classic facial**

**2 hours**

Surrender completely to this signature facial, designed to revitalise and harmonise your whole body. An aromatherapy footbath, gentle exfoliation, Swedish massage of your lower legs and feet lull you into a blissful state. An intensive and complete facial treatment follows, including two treatment masques, a special lymph drainage facial massage and rhythmical sweeping strokes to the décolletage, neck, shoulders, arms and hands. A relaxing scalp massage completes a holistic and profound experience.

## **Body**

### **Intensive Back Treatment**

**1 hour**

This treatment for the back combines a thorough cleanse, dry brushing exfoliation and an intensive hydrating and soothing masque with a stress-relieving massage. Perfect for sluggish or congested skin. A scalp massage will leave you feeling refreshed and relaxed.

### **Total Pleasure**

**1.5 hours**

Nurture and energise your entire body with this holistic treatment. Dry brushing exfoliates and stimulates your skin and an aromatherapy massage relaxes and soothes your senses. A luxurious facial, including a tension-releasing shoulder and neck massage, completes this immensely pleasurable experience.

### **Aromatherapy Salt Glow**

**1.5 hours**

Enjoy the contrasting sensations; melt away with drizzling warm oil and the sprinkling of desert sea salt that together create a tingling full body exfoliation. Completed with an aromatherapy massage of your choice and resulting in smooth radiant skin.

Dry brushing is also available for more sensitive skins.

### **Bronzing Salt Glow**

**1.5 hours**

Enjoy the sensations of the Salt Glow, finishing with a massage application of a superior bronzing lotion. This will result in glowing, energised skin and a golden tan a few hours later.

Dry brushing is also available for more sensitive skins.

### **Hand Indulgence**

**1 hour**

Lie back with a lavender infused eye pillow and receive a luxury manicure to restore beauty to your nails and hands. Dry brushing will gently exfoliate your arms and hands, while a soothing masque and massage will soften and hydrate your skin. Finish with a nail shape, cuticle treatment with a choice of buffing and a natural oil infusion or a French or colour polish.

### **Foot Pamper**

**1 hour**

Relax completely with a nurturing, pampering pedicure. Immerse your feet and lower legs in a sage footbath for a peppermint exfoliation. Rough skin is removed, followed by a masque and massage. Your foot indulgence is completed with a nail shape, cuticle treatment, buff and polish of your choice.

### **Eyelash/Eyebrow Tint**

#### **Brow Tidy**

#### **Mini Hand and Foot Therapy**

These treatments can be added to any of the above services.

## **MASSAGE**

**1 hour, 1.5 hours or 2 hours**

**Choose from a range of massages to suit your body and soul needs.**

*With each treatment you are nurtured with a scalp massage, restorative pressure point therapy and a Balinese palming ritual.*

### **Deep Tissue:**

A deep therapeutic massage using remedial and sports techniques to enable a release of tension and pain stored in the body.

### **Remedial:**

A customised massage, using a range of techniques to trigger release of specific physical problems.

### **Swedish / Relaxation:**

A gentle, soothing and deeply relaxing massage to unwind muscular and mental tension, improve circulation and nurture your body.

### **Reflexology:**

Enter an intoxicating state of relaxation. While you lie back with an eye pillow, your body and soul are stimulated through the pressure points in the feet.

### **Reiki:**

The nurturing energy of the universe is channelled through the therapist's hands allowing healing of mind, body and spirit.

### **Hot Stone Massage:**

The combination of heated stones and various massage techniques allows profound relaxation and restoration of physical, mental and spiritual wellbeing.  
(1.5 hours recommended)

### **Pregnancy Massage:**

A nurturing and rejuvenating massage using natural products to ease any discomfort, revitalise sore muscles and soothe your senses.

### **Aromatherapy Massage:**

A Swedish-style massage, using a personalised blend of pure essential oils, specifically chosen to assist relaxation and renewal at the deepest level.