

# *Prestigious Pampering*

## PRICE LIST

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### BODY MASSAGE

#### DEEP TISSUE

1h £85 / 1h30min £120

*Designed to repair and strengthen those with tension. Bringing welcome relief from regular back and muscle pain, this remedial method applies medium to firm pressure, accessing these deep layers of fibre and fascia where the problem knots lie.*

#### SWEDISH

1h £85 / 1h30min £120

*Unwind and distress from the strains of life. Using gentle and subtle techniques, the soothing Swedish massage therapy encourages blood circulation relieves muscle tension and leaves you feeling completely rejuvenated.*

### COUPLES MASSAGE

3h £220

*A beautiful experience for two, choose between Swedish or Deep Tissue massage and our therapist will work wonders on one of you at a time. Designed to leave you both with a feeling of simple harmony.*

## BEAUTIFUL ADDITIONS

### MERIDIAN STRETCH

30 min £50

*Let your body's natural stretching abilities astonish you when you focus on the inner-self.*

*Submit to the restorative power of ancient wisdom with a Meridian Stretch session. With its roots in Korean therapy, Meridian Stretch harnesses the natural dynamics of breath, to bring body, mind and soul together. Relax as your therapist walks you through an array of breathing techniques, easing physical and mental tension.*

### G5 MASSAGE

15 min £30 / 30 min £50

*The G5™ massaging device is designed to relieve pain and tension, break down fatty deposits and aid in lymphatic drainage. Working on an even deeper level, the G5™ is the perfect Deep Tissue massage addition to recover tired or damaged muscle fibres. Harness the power of sports massage to reset your system.*

### WARM LAVA SHELLS

15 min £30 / 30 min £50

*An alternative to the popular hot stone spa treatment.*

*The Lava Shells owe their magic to a mix of minerals and calcium ions to firm and regenerate your skin. Complimenting your chosen massage, Swedish or Deep Tissue, Lava Shells restore your energy by boosting blood and lymph circulation. The heat from the Lava Shells gently relaxes tense muscles and smooths knots away.*

## PERSONALISE

### NEAL'S YARD REMEDIES

15 min £30

*The heavenly nature of aromatherapy will leave you feeling peaceful and restored.*

*Elevate your treatment of choice with the holistic power of pure organic essential oils that nourish, condition and soften your skin. A powerful combination of touch and scent designed to boost your physical and psychological wellbeing.*

### GAIA GURU CBD

15 min £30

*A luxurious touch that soothes, enhancing the holistic powers of your chosen massage.*

*Known to ease psoriasis and dermatitis, CBD oil is also a powerful antioxidant and natural antibacterial for optimum skin health. On a muscular level, it relieves pain and reduces inflammation.*

*The restorative Gaia Guru treatment will leave you feeling like a brand new you.*

### SELF-HEATING EYE MASK

15 min £30

*Tension magically melts away as you drift off to dreamland, restoring tense, tired eye muscles.*

*Our luxurious eye masks are the perfect pamper addition, designed to promote feelings of self-love.*

*The gentle warmth of the mask, combined with a naturally soothing scent helps you balance and calm the mind.*

## TARGETED TREATMENT PROGRAMMES

### DIGITAL STRAIN RESCUE

3h £240

*Combat the damaging effects of the tech age.*

*This targeted and restorative massage programme consists of three sessions. It is designed to relieve neck strain, stiffness in the shoulders, headaches, and even longer-lasting spine damage. This therapy reduces the formation of scar tissue and adhesions, allowing you to move freely and without discomfort. One session between 3 to 7 days is recommended.*

### RUNNERS MASSAGE

3h £240

*Support your hard-working body and combat injury with this tailored three-session massage programme.*

*Designed to naturally ease pain and aid recovery, this treatment is recommended for runners suffering repetitive strain injuries, Achilles tendinitis, IT band syndrome and/or shin splints.*

*One session is recommended every 3 to 7 days as an intensive recovery treatment.*

### POST-WORKOUT RECOVERY

3h £240

*Reward your hard-working body with a rejuvenating massage programme.*

*Relax into a focused massage, as your therapist works on the quads, calves, hamstrings, and gluteus. This targeted therapy is tailored to combat raised lactic acid levels, increase oxygen levels and help to break down glucose in the blood.*

*Speed up recovery time and reduce the risk of injury with an hour-long massage straight after every heavy workout session.*

## FACIAL CARE

### GLO SKIN BEAUTY

1h15min £115

*Perfect for any special occasion.*

*This signature facial treatment is designed to instantly hydrate and brighten, leaving your skin with a smooth, lifted and glowing appearance. Powerful and restorative, the facial includes the use of steam to open your pores for a deeper cleanse and exfoliation. It allows for the active, highest quality ingredients and nourishing minerals to penetrate into the deeper layers of skin. This is followed by the Glo Skin chemical-free mask.*



## CONSULTATION

### CONSULT WITH A SPECIALIST

15min FREE

*This is all about you and your needs.*

*We'd be delighted to schedule a free 15-minute consultation with our Prestigious Pampering therapist to explore the unique blend of treatments we offer and help you choose the programme that is right for you. Sign up for our exclusive membership, talk about your needs and plan a remedial course of action that will leave you feeling better than ever before.*

