

BODY TREATMENTS & WRAPS

Refresh and renew tired skin with a body polish or wrap. Relax whilst your body is pampered and polished, leaving skin hydrated, nourished and glowing. You'll leave with radiant, soft and silky skin...

Aromatherapy Associates Intense Nourishment Wrap

1 hour 25 minutes £95 Course of 6 £550 ✨

Nourish body and soul with this luxurious treatment designed to rejuvenate dry, out of condition skin. An intensive salt and coffee body exfoliation stimulates the circulation and sloughs off dead cells to revive tired-looking skin. A blend of four highly nourishing plant oils is massaged into the skin and you are then wrapped into a warm cocoon to allow the oils to work their magic. A mineralising mud is then applied to your hands and feet whilst your therapist performs an intensive hand and foot treatment to soften and nourish your hands and feet. The treatment finishes with a rejuvenating scalp massage and the application of velvety moisturising body butter. The ultimate in luxury and pure bliss from start to finish.

Aromatherapy Associates Essential Detox Wrap

1 hour 25 minutes £95 Course of 6 £550

If only every detox felt this good! First, take a breather with our invigorating inhalation, then lie back, relax and feel the effect of deep, stimulating massage with pink grapefruit and juniper berry to encourage circulation and boost lymphatic drainage. Next, it's time for an uplifting and balancing Ayurvedic head massage, followed by a facial massage to release any remaining toxins.

**Aromatherapy Associates
Rose Hydrating Cocoon
55 minutes £75 ✨**

The treatment begins with a gentle olive grain exfoliation. Regenerating Damask rose gels, nourishing oils and moisturising creams are then smoothed on before being left to penetrate with the body's own heat under a wrap. This treatment leaves your skin radiant and soft, with your spirits bright and uplifted.

**Aromatherapy Associates
Prescriptive Body Polish
30 minutes £45 ✨**

Exfoliating becomes a pleasure with our body polish. It combines natural olive grains with your choice of essential oils to slough dead cells before applying either a rich moisturizer or nourishing body oil to leave your skin feeling hydrated and silky smooth. Ideal for an ideal pre-tanning treatment providing the perfect base for that golden glow.

**Aromatherapy Associates Citrus Detox
55 minutes £75 Course of 6 £400**

Refresh your body and senses with this detoxifying treatment. This treatment combines zesty grapefruit and fresh rosemary, perfect for a full body exfoliation. This is then followed by a body and scalp massage, performed to release and eliminate toxin. A treatment which leaves you feeling invigorated and full of energy.

**Rasul Thermal Mud Heaven
30 minutes £30pp**

Experience the traditional cleansing ritual of our Rasul for an incredibly enriching experience based on traditional Arabian Rasul therapy. This treatment is perfect to share with a friend or partner: Step into your own private steam chamber where a therapist will guide you through the steps involved before leaving you to relax and enjoy the experience. The ritual begins with a natural salt exfoliation to remove any impurities from the skin and then you apply a natural mud to your face and body before sitting back to relax whilst the mud works its magic!

CARITA CINETIC™ LIFT EXPERT BODY TREATMENT

**LED Refining Contour Body Treatment
45mins £65 Course of 6 £315**

A targeted refining body programme to visibly improve the appearance of skin quality and texture. Our exclusive CINETIC™ LIFT EXPERT combines three futuristic technologies: Micro-currents, Ultrasound, Luminotherapy and high performance formulae to leave skin feeling firmer and toned for more defined looking skin contours. This 45 minute treatment concentrates on two areas of your choice allowing your therapist to truly tailor the treatment to your body and needs.