

# BODY TREATMENTS AND SCRUBS

Our spa team pride themselves on our body massage treatments, with our award-winning therapists using only the best products and techniques to gently reduce all stresses and strains, leaving you feeling uplifted and rejuvenated. Experience the ultimate in relaxation to take care of the mind, body and soul; all of our massage treatments can be tailored to your pressure requirements.

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## INTENSE NOURISHMENT SCRUB

85 MIN | £95

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. 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.

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## LAVA SHELL FULL BODY MASSAGE

55 MIN | £85

Lava shells are a 100% natural tiger clam shell and is the ultimate treatment for working out all the knots and tension. This is a deep relaxing massage that releases tension and soothes aches and pains whilst working at a deeper level to achieve great results every time.

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## CITRUS DETOX SCRUB

55 MIN | £75

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 toxins. A treatment which leaves you feeling invigorated and full of energy.

## INNER STRENGTH TREATMENT

55 MIN | £80

The treatment begins with a frankincense inhalation, followed by a foot cleanse with heated mitts. A rich, deeply nourishing oil is then applied to the palms of the hands and soles of the feet, followed by paraffin wax, renowned for its comforting properties. The back is then treated to a deeply nurturing massage with Inner Strength Body Oil, before massage techniques are incorporated onto the face and scalp, designed to deeply comfort, nurture and support. The Inner Strength treatment is ideal for anyone experiencing their own personal trauma, or simply those needing a nurturing treatment to help draw upon their own inner strength.

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## RASUL THERMAL MUD HEAVEN

30 MIN | £30

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.

