

MUM'S TO BE TREATMENTS

If you're in need of a little pampering, treat yourself to one of our specifically designed pregnancy treatments to help pick you up, and wind you down...

MUM TO BE HEAD TO TOE ROSE INDULGENCE

55 MIN | £75



The perfect treatment for the mum to be, this treatment starts with a tailor-made facial. Your therapist will then continue to rejuvenate your body to get the energy flowing back through your feet with a rehydrating foot treatment. Feet and lower legs are brushed, exfoliated with a scrub of ground olive stones and then refreshed with hot towels. Then a specially selected blend of renewing oils, such as rose, are massaged into the skin to relax and rehydrate. This treatment will not only leave you truly glowing but also feeling as if you are walking on air.

FULL BODY PREGNANCY MASSAGE

55 MIN | £80



At a time of constant change and anxieties, take an hour to yourself with this unique all over body massage. Choose from a selection of three oils each safely formulated to be used during pregnancy to nourish and care for your expanding skin. A traditional aromatherapy pressure point massage for the upper back and shoulders helps to relieve stress and tension, while a leg massage eases the feelings of heaviness. This top-to-toe treatment is completed by a full scalp and facial massage.

