

# *Harmony*

BEAUTY ROOMS

*“The greatest  
gift to yourself  
is a little bit of  
attention and  
pampering”*



**TO BOOK**

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## Manicures & Pedicures

### SPA LUXURY MANICURE OR PEDICURE | £55

**75 Mins** - Includes, soak, scrub, file, nail and cuticle trim, massage & heat treatment along with a polish of your choice.

### SPA MANICURE OR PEDICURE | £45

**1 Hour** - Includes soak, nail shaping, cuticles, massage and polish of your choice.

### MINI MANICURE OR PEDICURE | £30

**30 Mins** - Includes file, shape and polish of your choice.



## Massages

### AROMATHERAPY FULL BODY | £70

**1 Hour** - Relaxing massage therapy with essential oils added to the massage oil or lotion.

### AROMATHERAPY BACK, NECK, SHOULDER | £50

**30 Mins** - Reduces anxiety & pain, boosts energy levels, strengthens the immune system and improves digestion.

### SWEDISH FULL BODY | £65

**1 Hour** - Helps you feel more energetic by increasing the flow of nutrient-rich oxygen to the muscles in your body in addition to stimulating the lymphatic system.

### SWEDISH BACK, NECK & SHOULDER | £45

**30 Mins** - A Swedish massage with a focus on your problem areas to help relieve pain.

### HOT STONE BACK, NECK & SHOULDER | £55

**30 Mins** - Heat relaxes your body in a short space of time, so your therapist can focus on a deep working of the tissue using both hot stones and hand strokes.

### HOT STONE FULL BODY | £80

**1 Hour** - Smooth, heated stones are used by placing them on the body. The heat can be both deeply relaxing and help warm up tight muscles.

### FOOT & LEG MASSAGE | £45

**30 Mins** - Feet are left feeling silky soft, relieved of unwanted pressure and strain.



## Facial Treatments

All of our facial treatments are done using Forever Living, a multi award-winning botanical based skincare. Some benefits include:

- Helps to nourish skin- loving nutrients
- Contains 75 known nutrients, including 10 vitamins and 9 minerals
- Lignin in aloe carry other ingredients deeper into the skin
- Provides moisture and hydration
- Assists the skin in adapting and balancing as an adaptogen
- Nutrients in the skin aid in cleansing the skin
- Aloe soothes, calms, and cools the skin

### CLEAN & REBALANCE

Smooth & Glow	30 Min   £40
Smooth & Glow	60 Min   £65

### ANTI-AGING

Targeted	30 Min   £40
Targeted	60 Min   £65

### MEN'S TREATMENTS

Perform & Energise	30 Min   £40
Perform & Energise	60 Min   £65