

TREATMENT MENU



FACIALS

30/60 minutes

BEAUTY RITUAL FACIAL

£40/£60

A tailored facial including a double cleanse, steam, exfoliation and extractions followed by a face, neck and shoulder massage. Finished with serum, eye treatment and moisturiser.

FACIAL CUPPING

£45/£65

A powerful & non-invasive facial treatment that will sculpt, plump and revitalise your skin by increasing oxygenated blood to the area and boosting the lymphatic system.

DERMALUX LED FACIAL

£60

An advanced LED light therapy treatment that uses clinically proven wavelengths to target a range of skin concerns by accelerating the skins natural rejuvenation and repair processes.

FIRE & ICE FACIAL

£75

A bespoke facial with the added indulgence of Thai herbal compresses and ice cold tools to brighten, renew and sculpt.

FACIAL ADD-ONS

ADD-ON ROSE QUARTZ DRAINAGE

£10

Various cold crystal tools are used to help massage the muscles of the face to brighten skin and reduce emotional stress.

ADD-ON MASSAGE

£10

Facial massage that encourages the lymphatic system to eliminate metabolic waste, and toxins.

MATERNITY

Treatments designed for clients 12 weeks
pregnant or more

TAILORED FACIAL

£40/£60

A facial centred on hydrating the skin and restoring the natural balance during hormonal changes.

ONCOLOGY

Specialist treatments developed by
Jennifer Young suitable for anyone living
with and beyond cancer

BALANCE BODY & MIND MASSAGE

£40/£60

A light touch massage using natural and organic products to nourish the skin and restore harmony and balance.

REJUVENATING FACIAL

£40/£60

A specialist facial using natural and organic products for even the most sensitive of skins. Soothing massage techniques help you to drift to a place of rest and relaxation, leaving your skin with a glowing radiance.

TREATMENT PACKAGES

BEST OF BOTH

£70

A 30 minute massage combined with a 30 minute facial.

CALM PACKAGE

£110

A 60 minute massage followed by a 60 minute indulgent facial.

TRANQUIL PACKAGE

£90

A 60 minute facial and 30 minute head massage.

BODY THERAPIES

INDIAN HEAD MASSAGE

£40

A soothing head and shoulder massage blended with the balancing power of pressure point work.

FOOT RITUAL

£50

A 45 minute treatment to encourage deep relaxation. A foot soak followed by a herbal foot scrub and soothing foot massage.

REFLEXOLOGY

£60

A Himalayan salt foot soak followed by a pressure point foot massage to restore the flow of energy throughout the whole body. Reflexology promotes natural functioning of the body, leaving you feeling more balanced and calm.

HOPI EAR CANDLES

£60

A warm, gentle balance and release of pressure in the ears, head & sinuses. Includes a hopi ear candle in each ear, followed by a lymphatic drainage facial massage.

MASSAGE

30/60 minutes

RELAXING MASSAGE

£40/£60

A heavenly bespoke massage using tension-relieving techniques alongside botanical aromatherapy oils

DEEP TISSUE MASSAGE

£50/£70

A massage using slow and firm movements focusing on the deeper layers of muscle and connective tissue to release built up tension

RESET MASSAGE

£60

Unwind with a restful combination of a back, foot and scalp massage

LAVA SHELL MASSAGE

£70

A massage combining the benefits of warmth from lava shells with soothing massage techniques to bring equilibrium to the body & mind

HEATED COMPRESS MASSAGE

£70

Our signature massage using gentle time-honoured techniques combined with healing thai compresses filled with therapeutic herbs

HOT STONE MASSAGE

£70

Heat from hot stones helps to relax muscles, allowing for deeper work into the muscle tissue. A soothing treatment for relieving muscle tension, reducing stress and anxiety, and promoting relaxation

LYMPHATIC CUPPING MASSAGE

£70

A gentle fusion of rhythmic drainage massage and ancient cupping therapy. Using soft silicone cups, this treatment creates a light suction on the skin's surface to encourage lymph flow, reduce fluid retention, and promote natural detoxification.