

YOUR TIME.... Package

30 minute massage and 30 minute facial £65

ME TIME.... Pamper package

A package of indulgence facial, back, neck & shoulder massage, hand & feet treatments, to include varnish if required. £90

ME TIME Face & Body

A package of an exclusive Medik8 signature facial treatment & a luxurious full body hot stone massage. £99

Express Pick Me Up

Cleanse, tone, exfoliation, mask & moisturise. £35

Skin consultation £20

Microdermabrasion

For courses we recommend one per week for best results. £32
course of 5 £160 / course of 10 £310

For more detailed information - Please see below

Me Time Pamper Package

Unsure of what treatments you would like or want to treat that special someone?

This is a Four In One treatment package

- 30 minute back, neck and shoulder massage
- 30 minute facial experience
- File, shape and varnish on the hands
- File, shape and varnish on the feet

Me Time Face & Body: An exclusive prescriptive facial tailored to your skins needs. Cleansing, skin analysis, exfoliation, mask preparation, massage, mask and treatment cream to suit your skins needs & a luxurious full body hot stone massage. People often describe hot stone massage as comforting and deeply relaxing. The warmth is soothing for people who tend to feel chilly. The heat of the stones relaxes muscles, allowing the therapist to work deeper while using lighter pressure. With the warmth and weight from the stones working to give a deeper relaxation to aching, arthritic or tired muscles and bones. Two hours of pure relaxation and pampering.

Skin Rejuvenating Ritual: A complete top to toe treatment experience, nurturing body polish using finely ground bamboo particles with a blend of essential oils to stimulate body circulation and hydroxy acids to exfoliate the surface layers of the skin, followed by a 30 minute anti-aging or purifying massage leaving your body and skin soft, supple, revitalised and invigorated.

Please attend your treatment free from make up and polish on hand and feet.