



# TREATMENT MENU

KOHLER  
*Waters*  
SPA.

# MASSAGE THERAPIES

All massage treatments provide tension release, stress reduction, circulation enhancement and overall wellness. All services include a consultation to focus on key needed areas.

## CUSTOM BACK MASSAGE

50 minutes | From £94\*

This universal and fully customisable back massage encourages relaxation and targets areas of tension. A variety of techniques and range of pressure are used to meet your specific needs.

## BEGINNING, DURING AND AFTER MATERNITY MASSAGE

50 minutes | From £114\*

In these phases it is important to concentrate on nourishing the skin to ensure it remains soft, supple and elastic and to avoid stretch marks. Due to stretching of the skin, it can also feel very itchy and tight, and therefore best to deeply nourish it to offer a sense of relief and comfort.

\*Subject to availability and days of the week.

## WELLNESS TREATMENTS

These Made for Life Organic treatments are especially beneficial for those undergoing medical treatments as it completely rejuvenates the entire body and mind leaving you with the overwhelming sense of tranquillity and relaxation. They are perfect for those whose skin feels damaged by medications, stress and the outside world.

CATCH THE BREATH  
25 minutes | From £72\*

This nurturing gentle treatment for the head, back and shoulders has been created to help you drift into a meditative state of relaxation and escape from reality. Slow Tui Na Chinese massage techniques rebalance and calm the upper body, providing complete tranquillity and relieving bodily aches and pains.

\*Subject to availability and days of the week.

## BODY WRAPS & SCRUBS

Exfoliation improves the texture of your skin, helps reduce lines and allows deeper absorption of moisturisers and antioxidants.

### AROMASOUL RITUAL SCRUB

50 minutes | From £114\*

This renewing volcanic scrub ritual uses minute lava particles combined with nourishing shea butter and enhanced with your chosen essential oil blend to smooth and soften the skin leaving it radiant.

An ideal complement to the aromasoul elements massage.

### HIMALAYAN SALT & MOISTURISE

(Back of the body)

50 minutes | From £114\*

The treatment starts with an exhilarating salt scrub, a combination of the precious pink Himalayan salt, followed by aromatic oil to completely detoxify the body, ease aches and pains, stimulate the metabolism and restore vitality and balance.

\*Subject to availability and days of the week.

## FINISHING TREATMENTS

### GOLFER'S FOOT RENEWAL - SIGNATURE TREATMENT

50 minutes men £67 | 80 minutes women £72

Restore your feet after an exhilarating day of golf. Includes a scrub, cooling soothing mask applied to the feet and lower legs, followed by a pressure point foot massage.

### HEALTHY HANDS MANICURE - SIGNATURE TREATMENT

50 minutes | £67

This manicure exfoliates and moisturises. Following a paraffin mask, heated spa mitts enhance the moisturising effect. Hand massage and nail polish complete this service.

### MARGARET DABBS SUPREME MANICURE

50 minutes | £57

Giving outstanding results and with the indulgence of the full range of Margaret Dabbs products and finishing with a wonderful hand and lower arm massage.

Simply the best manicure you can find.

### MARGARET DABBS SUPREME PEDICURE

50 minutes | £67

Giving outstanding long-lasting results, with the indulgence of the full range of Margaret Dabbs Fabulous Feet products and finishing with a foot bath and wonderful foot massage.

### SHELLAC MANICURE OR PEDICURE

50 minutes | £67

A superior service with CND™ SHELLAC™ Brand 14+ Day Nail Colour.

Includes nail shaping and cuticle tidying.

### CALMING HAND TREATMENT

25 minutes | £30

This exceptional ritual designed to leave hands silky-smooth and with a youthful glow. Starts with hands exfoliation following a paraffin mask (heated spa mitts enhance the moisturising effect) with pressure point massage, finishing with a soothing hand massage.

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