

Massage & Body Treatments

Aroma Indulgence 85 Minutes £85

Professional and specific this aromatherapy massage uses blended oils. This is a deeply relaxing full body massage with the addition of a scalp massage.

Full Body Massage 55 Minutes £59

After a consultation, your therapist will design a massage according to your individual needs focusing on your particular areas of concern.

Serenity Massage 55 Minutes £64

A deeply calming 55-minute journey combining blended oils and gentle, flowing techniques to quiet the mind, release tension, and restore inner peace. The ultimate ritual for complete serenity.

Hot Stone full body Massage 55 Minutes £69

The most blissful way to soothe body and mind; Individually shaped, these magical stones help release tension, soothe aches and rebalance energy levels.

Mum to Be Massage Full body 55 minutes £59

This enveloping massage soothes tension brought on by pregnancy, lightens the legs and improves the skin's tone and elasticity. Safely enjoy a moment of relaxation and well-being with your baby-to-be. From 3 month's pregnancy.

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Back Neck & Shoulder Massage 25 minutes £38

After a consultation, your therapist will design a massage according to your individual needs focusing on your particular areas of concern.

Scalp Neck & Shoulder Massage 25 minutes £38

A reviving scalp massage to improve circulation and to relax the body. Using pressure points and drainage techniques to help ease headaches and sinus problems.

Hot Stone Back Massage 25 minutes £46

The most blissful way to soothe body and mind; Individually shaped, these magical stones help release tension, soothe aches and rebalance energy levels.

Mum To Be Massage 25 minutes £38

This enveloping massage soothes tension brought on by pregnancy, focusing on the back.

Safely enjoy a moment of relaxation and well-being with your baby-to-be. From 3 month's pregnancy.



Booking Information

a 50% deposit will be required to secure your booking. All cancellations must be made 48 hours in advance to receive a booking amendment or refund. If you have an allergy, medical condition, recovering from surgery or have had any cosmetic procedures please contact us prior to your booking to discuss this. If you are expecting we have a range of treatments we can offer after the first 12 weeks of pregnancy however we cannot offer massages.

Booking conditions apply. Treatments do not include use of the leisure facilities.

Massage & Body Treatments

Vino Sculpt Body Treatment 55 Minutes £59

This results driven, targeted full body treatment combines a manual kneading and rolling massage to deeply sculpt, contour, and invigorate the body. Using products to contour the body it both tones and improves skin firmness even the most stubborn of areas.

Full Body Exfoliation 25 minutes £38

An all over treatment designed to remove dead skin cells, brighten and refresh the skin.

Walking on Sunshine 25 minutes £38

Revive those tired legs and add a spring in your step, including a full leg and foot exfoliation followed by a relaxing massage.

Reflexology 55 Minutes £59

Holistic therapy working on the pressure points of the feet that align with other areas of the body to help detoxify the body, promote relaxation, improve the circulation,



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Cupping Massage Treatment Top To Toe 85 Minutes £85

Using silicone cups to create a suction on the body's surface layers working deep into the tissues to deliver a relaxing and detoxifying massage which can aid in the draining of excess fluids and toxins to help improve lymphatic system. Starting on the back and making way down the body to the feet, before turning over to carry out a lower legs , arms and finishing with a lovely facial Massage.

Cupping Back Massage 25 Minutes £46

Using silicone cups to create a suction on the body's surface layers working deep into the tissues to deliver a relaxing and detoxifying massage which can aid in the draining of excess fluids and toxins to help improve lymphatic system.

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Caudalie Facials

VinoPerfect 55 Minutes £62

A unique facial treatment specifically designed to correct the complexion, restoring radiance and vitality to the skin. Specifically created for tired, dull and uneven skin types, this is a must have facial treatment.

VinoSource 55 Minutes £62

A skin-renewing treatment to deeply moisturize the skin. Vinosource products restore moisture levels for a healthy, glowing appearance.

Vinopure 55 Minutes £62

This treatment purifies your skin, cleanses your complexion and helps regulate excess sebum removing impurities and tightening pores.

Personalised facial 55 Minutes £62

A unique and deeply relaxing facial treatment specifically designed to target your individual skin needs & concerns. .

Personalised Express Facial 25 Minutes £42

This express treatment is tailor made to meet the needs of every skin type. Your skin's freshness, comfort and evenness are restored.



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Caudalie Advanced Anti Ageing Facials

Renowned for their anti-aging and advanced skin care, Caudalie facial treatments are developed from the unique combination of patented grape and grapevine ingredients with the latest skincare techniques.

Resveratrol LIFT Facial 55 Minutes £64

Specially created for skin that lacks firmness, contour and vitality. After skin is gently cleansed, a stimulating massage visibly firms and redefines the contours of your face. The firming and lifting effects are immediate, your face is as if resculpted and radiant with youth

Lift & Firm Eye Treatment 25 Minutes £43

This treatment for the eye contour is perfect for really brightening the delicate area around the eyes. Diminishing dark circles and instantly reducing puffiness. The eye contour is lifted and the eyes are enhanced.

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Finishing Touches

Whether it is a special occasion or your monthly maintenance, our team of therapists will ensure you are always looking your very best.

Time for your Hands and Feet

File & Polish £24

A basic shape and polish application for fingers OR toes that will leave your nails looking gorgeous

Imperial Manicure £27

If your hands look and feel tired, let our nail specialists help you to achieve the best condition for your nails and cuticles. Complete the treatment with a hydrating arm and hand massage. Polish not included, please see below for options

Imperial Pedicure £27

This pedicure uses advanced ingredients to get maximum results. We will tidy your toes, soften your feet and leave them feeling in top condition. Polish not included, please see below for options

Add on your chosen polish option below.

OPI Nail Lacquer - £6.00

Gel Removal

OPI Infinite Shine - £9.00

£8.00 (when added to a manicure/pedicure)

OPI Gel Colour - £11.00

£15.00 (standalone)



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Be Beautiful

Please note a tint test is required no less than 24 hours before your appointment.

Eyebrow Tint £12.00 Eyelash & Brow Tint £20.00
Eyelash Tint £15.00

Wax Smooth

Full Leg & Bikini £40	Lip £11
Full Arm £27	Lip & Chin £16
Full Leg £33.50	Eyebrow £11
Half Leg £22	Bikini £15
Chin £11	Forearm £19
Underarm £13	

It is not recommended to expose the skin to heat or perfumed products following waxing.

For the Gents

Be Smooth £25
Up to 30 mins

Using warm wax to remove unwanted back OR chest hair

Hand Conditioning Treatment £27

As your hands are always on show, let our nail specialists help you to achieve the best condition for your nails and cuticles. Complete the treatment with a hydrating arm and hand massage and a nail buff.

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Spa Packages

Spend some time relaxing in the spa with one of our spa package options. With all spa days including 2 hours use of the leisure facilities, a snuggly robe, towel and slippers, all topped off with a relaxing spa treatment.

Express Pamper Day - £54

Including a 25 minute spa treatment of your choice, 2 hours use of the leisure facilities, robe and slipper hire

Afternoon Tea Spa - £100

Including a 55 minute spa treatment or 2 25 minute treatments of your choice, 2 hours use of the leisure facilities, robes, slippers and a full afternoon tea.

Coupled Up - £227

Including a full body massage, express facial, 2 hours use of the leisure facilities, robes, slippers and a full afternoon tea.



Fancy something else?

Get 20% off any additional pre booked spa treatments when booked in conjunction with the spa day. Additional treatments must be taken on same day s spa booking

Spa days are available Monday - Friday only and bookable with spa reception only

Please ensure you arrive on time for your leisure time and spa treatment.
Robes are not permitted in the afternoon tea parlour.

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Spa Package Treatment options

25 minute options

Personalised Express Facial

This express treatment is tailor made to meet the needs of every skin type.
Your skin's freshness, comfort and evenness are restored.

Back Neck & Shoulder Massage

After a detailed consultation, your therapist will design a massage according to your individual needs focusing on your particular areas of concern.

Scalp Neck & Shoulder Massage

A reviving scalp massage to improve circulation and to relax the body. Using pressure points and drainage techniques to help ease headaches and sinus problems.

Walking on Sunshine

Revive those tired legs and add a spring in your step, including a full leg and foot exfoliation followed by a relaxing massage.

Full Body Exfoliation

An all over treatment designed to remove dead skin cells, brighten and refresh the skin.

55 minute options

Full Body Massage

After a detailed consultation, your therapist will design a massage according to your individual needs focusing on your particular areas of concern.

Serenity Full Body Massage

Using techniques to relax the muscles and uplift the mind. The skin if left feeling soft, hydrated & shrouded in the subtle blended fragrance

Personalised facial

A unique and deeply relaxing facial treatment specifically designed to target your individual skin needs & concerns. .